

THE SEX ISSUE!

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NUTS

NICOLE NEAL PRESENTS

THE SEX ISSUE!



IT'S RICH IN RUMPY PUMPY!

THE
A-Z OF
SEX!

CONFESSONS
OF AN 'ADULT'
FILM STAR!

25
EXPERT
SEX TIPS!

THE 2013
NUTS SEX
SURVEY!

"She's a fox! I'm
stood on a box!"

PLUS! Messi's silly suit!
2013's best new gadgets!
John Bishop!





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THIS WEEK IN Nuts!



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"No wonder those wall lights were only a quid a piece"



This week in the Nuts office!



Nuts N

EXCLUSIVE!

It's *Magaluf Weekender's* Jamie-Leigh!

Meet ITV2's hot new reality star!

→ MADNESS, MAYHEM and Magaluf! The three go together like an easily drinkable cocktail. Now you can watch the whole lot unfold without the risk of hangovers or downstairs itchiness in new ITV2 show *The Magaluf Weekender*.

The best bit – as you can see – is gorgeous Jamie-Leigh Paley, 22, who mans the front line as a tour rep. Not only does she party hard, she's also partial to snogging girls. Gents! To EasyJet! A boys' weekend is suddenly on the cards! ▶



HOLIDAY HELPER!

The series sees Jamie-Leigh assist holiday-makers staying at Magaluf's Lively Hotel in Mallorca.



"I'm sure there
was a door here
a minute ago"

**"I like girls to
be feminine –
the kind I can
boss around!"**

Jamie-Leigh

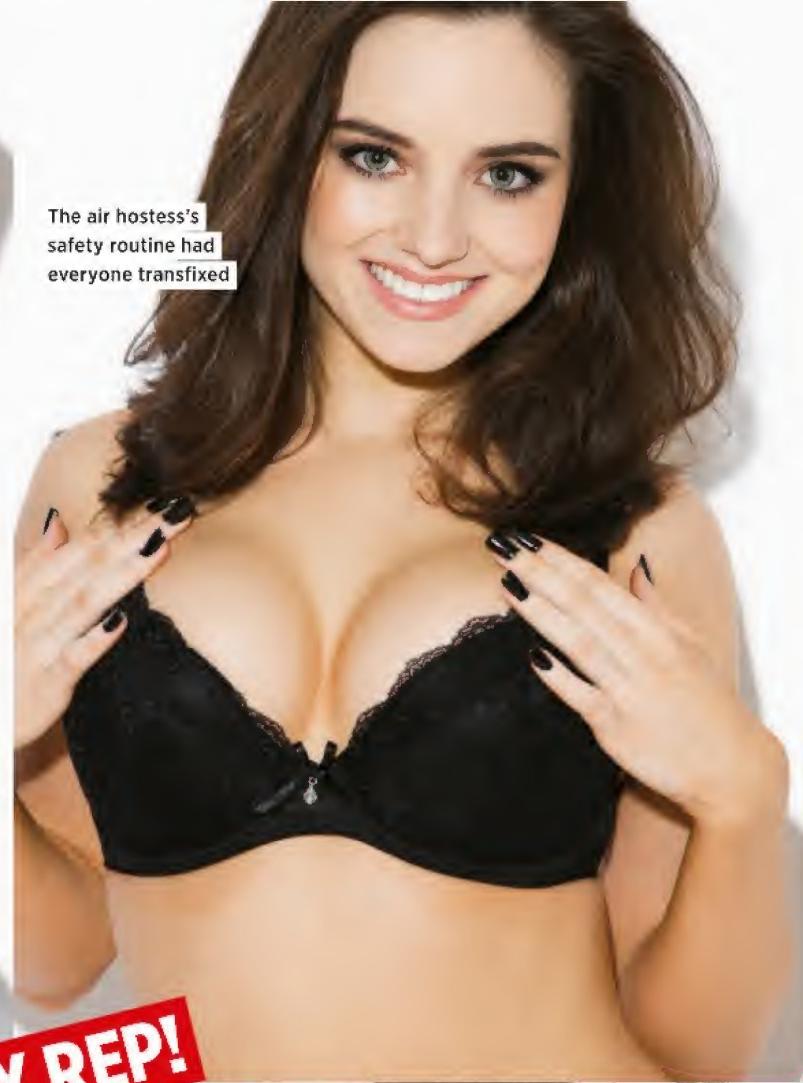
MAGA-LOVELY!



This way to see more
of Jamie-Leigh!



The air hostess's
safety routine had
everyone transfixed



RACY REP!



"I've had this
crick in my
neck all day"



So, what's this *Magaluf Weekender* about? It's about a team of reps in Magaluf. Apart from me, there's ladies' man Jordan, Brett the big boss man, and Imogen the party animal.

Is it true that you had a bit of a disagreement with Imogen? She threw a vodka and tonic in my face during an argument! We're all good now though.

What does a rep in Magaluf do? Help alcoholics have the best time of their lives! I'd help people get cabs, find their hotels or see a doctor.

Tell us about a duty reps have that we don't know about. One group of lads were hopeless with women, so Jordan decided to give them a makeover. It was a disaster!

Um, we'll pass, thanks! What do the women wear on the show? Bikinis and G-strings – and that's just on nights out! I have to wear a T-shirt as part of my uniform. I'm squeezed into little hotpants 24/7.

We understand you had a lady romance out there. Well, I'm bisexual. I met a gorgeous, tanned girlie! I met her on day one of her holiday.

Did any of this romance make the show? Yes! You see some kissing.

So, who's your ideal woman? Keira Knightley. I like my girls feminine and ladylike. The kind I can boss around!

How would us chaps get your attention then? Be funny and look like Hugh Jackman. When I'm with a guy I like to be looked after.

So, can we expect to see more of you in lingerie? Why not? I loved doing it!

● *The Magaluf Weekender* is on ITV2, Sundays at 9pm.



"Be honest. Can you see my bum in this?"

"I'm always wearing little hotpants on the show!"

Jamie-Leigh



Leaning lorry!

German truck squishes poor pensioner's runabout!

→ LOOKING FOR all the world like it has fallen straight out of the sky, this is a 40-tonne German truck which somehow not only managed to jack-knife across two entire lanes of northern German B-road, but then toppled on its side like some dramatically dying hippo in an Attenborough doc.

The two poor passengers in the car – a 72-year-old driver and his similarly wrinkly missus – managed to brake in time and watched, aghast, as the lorry flopped onto their motor. The olds were thankfully unharmed, but the driver was treated in hospital for shock. Which, in microcosm, is why they lost the war.



MASHED MOTOR!

Three more miles
and car would get
his roadkill home

"Liverpool
to win the Prem,
you say?"

A quick word with John Bishop!

The comic on grannies, teeth and being tied up!

→ Hi John! Tell us about your new show, *John Bishop's Only Joking*.

A lot of comedy shows these days are people doing a set. You have to watch someone do ten minutes on *Live At The Apollo* before the person you want comes on. I wanted something where the joke is the focus. People come on, tell a joke, we move on and the next person tells a joke. It's a quick-fire succession of jokes from comedians, celebrities and members of the public.

Aren't the professional comics worried about being shown up by members of the public?

One of the Sunday papers said the members of the public are there to make the professionals look good. I thought, "If the professionals don't look better than the public, we've all



cocked up, haven't we?" There's a structure to telling a joke. It's like selling something. You think this thing is funny and you have to persuade other people to buy it.

Is a funny face simply enough to make someone funny?

Hang on! You can't say to me, "Have you got a funny face?"

Well, you do have impressively funny teeth. Are they your own?

Do you want to borrow them or something? What's good about the show is that it goes from style-to-style, person-to-person and face-to-face very quickly. Everyone makes you laugh, whether it's a bald man or a good-looking woman.

Did you have to give any of the celebrities other jokes to read because theirs were so bad?

Do you honestly think Freddie Flintoff and Jamie

Redknapp have got jokes in their heads? Ha! Some had loads. With others we took a few jokes in but it's surprising how many said, "Can I do this one, that's mine."

Will Nuts readers find the old comedians on the show funny?

We're lucky in Britain, the quality of the comedians on the stand-up circuit is really high. But we also have these comedians who've been honing their craft for 50 years. If you're doing a family show, you want someone your grandma laughs at and goes, "I remember him," and someone the kids like because they look like them.

Are you tempted to steal jokes from members of the public?

If I wanted to nick them, I could. But it would be pretty appalling if I had to go nicking jokes off undertakers.

Remind us, what did you do before you were a comedian?

I worked for a pharmaceutical company. This was another reason I wanted to mix ordinary people into the show, because I didn't walk on a stage until I was nearly 35. What's great about comedy is that it's the most immediate form of communication. If you say something and people laugh, you're funny.

You've tried serious acting too, like *Skins*. Do you have a dark side or do you need laughter to sustain you?

God, that's a deep question. After this interview, I'm off to Soho to be tied up in a dungeon and walked on and called a baby.

But isn't there the "tears of a clown" theory with comedians?

The comedians I like the best are the ones where what you

BAG MORE BISHOP!

John's latest DVD, *The Rollercoaster Tour 2012*, filmed live in Manchester, is on sale now.





**"I didn't walk
on a stage until
I was nearly 35!"**

John Bishop

see on the stage is what you get, Jason Byrne looks daft on stage and off stage he's still just daft. I love it when you get to know somebody through their act. When you see people who are funny on stage and melancholy in the dressing room, I think, "Oh b*locks to it, get another job!"

Are you always cheery then?
Somebody once said to me, "What went wrong in your life?" I thought, "What are you on about?" He said, "Well, something must have gone wrong for you to want to make people laugh. You're trying to win people over." No, I'm f**king not! Or maybe I just don't know. Maybe I'll be on the news next week when I've gone mad in a shopping centre.

● *John Bishop's Only Joking*, is on Sky1/HD every Friday at 8.30pm.

Fashion week looky-likeys!

London designers' silliest new creations!

→ LAST WEEK
was London
Fashion Week,
where designers decide

what men will be wearing
next year. Here are our
favourite exhibits, and
what they remind us of...



MAN FOR TOPMAN!



A COLLAPSED SHED!



SIBLING FOR MEN!



IGGLE PIGGLE!



MAN FOR TOPMAN!



A MOLE!



JW ANDERSON!



POSH SPICE!

SUPERPHONES!

Sony's flagship mobile, the 4G Xperia Z has a full HD screen, 13.0-megapixel camera and Near Field Communication, so you can play video just by tapping a compatible TV. Plus, it can do it all standing it in a glass of water. For some reason.



2013's coolest tech!

Straight from the floor of the CES expo!



THERE'S AN annual nerd

stampede to Las Vegas every January where tens of thousands of chaps with ironic T-shirts, funky, musky odours and industrial-strength girl repellent gawp at shiny new tech at CES – known

to its mum as the Consumer Electronics Show. All sorts of lovely, electricity hoovering, chip-filled stuff's shown on expensive expo stands. Some of it is astonishing, some revolutionary and some just plain silly. Here's our pick of the most newsworthy.

IT'S THE MECCA FOR NERDS!

CES has been successfully wowing geeks the world over since 1967.

WORDS: RORY BUCKERIDGE

ANDROID GAMING GROWS UP!

Chip maker Nvidia's "Project Shield" is a handheld gaming device with a built-in high-def screen that runs Android to play games on. You can also stream PC games from your computer via Wi-Fi, and output them to your TV via HDMI.

**GAMING ROOM O' WONDER!**

Xbox's concept tech – called IllumiRoom, great idea, silly name – uses an Xbox, Kinect sensor and projector to create a gaming playing area as big as the wall behind your TV, filling in explosions, fire and scenery. Incredible.

**VIRTUAL REALITY IS BACK!**

This is immense. Pushed by the bloke who made the *Doom* games, the Oculus Rift is a headset with a motion tracker, so when you look around in real life, you look around in the game. Then shoot stuff in the face!

CLEVER CUTLERY!

Weird, this. The HAPIfork is an interactive fork that tracks how fast you shovel your food in, the idea being that hurried eating results in obesity. It vibrates if you eat too fast, and then tracks every single mouthful on an app.



THE PC "CONSOLE"!

PC behemoth and *Half-Life* maker Valve is getting behind this: a grapefruit-sized PC games machine linked to Valve's Steam gaming network that will pipe full-fat PC games to your flatscreen. Sony and Microsoft, be afraid.



Enough already! Tech we didn't really need to see!



THE PHONELET!

Or tabphone. Guys, either make a) a phone, or b) a tablet. You'd feel silly pressing Huawei's 6.1in (iPad-sized) thing to your ear.



EVERYTHING RETRO!

If we see another cutting-edge gadget hiding behind retro trappings, we'll jolly well tut and roll our eyes. Don't test us!



TV ARMS RACE!

4K resolution! 8K resolution! 84in OLED sets only footballers can afford. And there's no content for them. Pointless!



CELEBRITY ENDORSEMENTS!

Will.i.am's iPhone camera! Jersey Shore's Snooki's headphones! Actually dead Bob Marley's speakers! That's enough, now!



SELF-DRIVING CARS!

Google has been testing autonomous cars for a while. But Audi could be first to the market with their prototype. Get this: give an app a stab and it'll pick you up, drive around at up to 37mph, then step out, and it'll park itself. Think on that.

THE WORLD'S THINNEST WATCH!

Watch start-up Central Standard Timing plans to make the world's thinnest watch. The CST-01 is just 0.8mm thick, weighs only 12g, uses an e-ink display, can be recharged 10,000 times and lasts over 15 years. We want one!



Mad Mexican supercar!

Mexico's Mastretta MXT-R goes like chilli off a shovel!

- Mexico entered the world of supercar bolting-together in 2011 with the Mastretta MXT. Think of it as a South American Lotus Elise. It's wider and longer, but the Mastretta is a pretty basic recipe constructed of an aluminium skeleton featuring carbon-composite floormats and a fibreglass bodyshell.
- The MXT-R promises to be a more hyperactive incarnation of the existing model in the form of a halfway house between road car and balls-out race tool. The latter hasn't yet been released, but will be called the MXR.
- The MXT-R's trump card is more power and a different engine. It still uses a Ford four-cylinder turbo motor, but instead of the older Duratec, the car now has a more potent EcoBoost 2.0-litre, taken from the new Focus ST. With direct injection and ECU tickling, the horses have increased to 285.
- While this isn't likely to have 500, 600 and 700bhp supercars quaking in their carbon-fibre boots, the Mastretta has lightness on its side. So that 285bhp only has to haul a tonne.
- This diet means the MXT-R will scarper like a Chihuahua in a room full of rattlesnakes - 0-62 in 4.5 secs and a top end approaching 170mph.
- The MXT-R is also awarded some visual treats. There's an aggressive front splitter and new rear wing to add to the subtlety. Stopping won't be an issue with 300mm cross-drilled discs and four-piston calliper brakes in each corner.
- **Like the MXT, the MXT-R won't have driver helpers**

or electronic assists that dull the experience. It should still have a manual gearbox, and with simple Ford mechanics, it's a car that won't mug your wallet for running costs when it comes to servicing and maintenance. That's after you've handed over £38k to buy one, obviously.

"Ugh! Too long
on the carrot
detox"

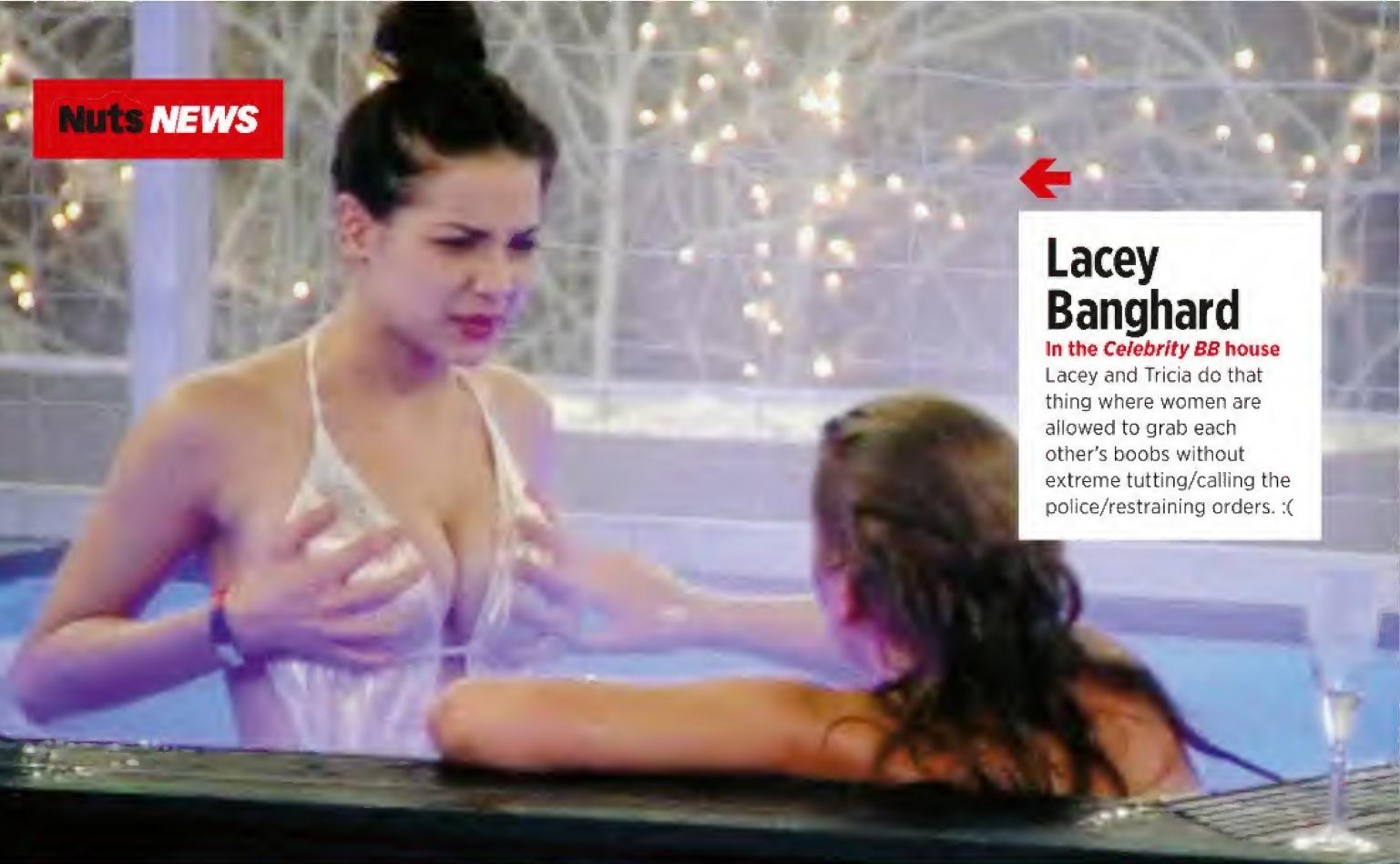


Car prepared to
evacuate last
night's vindaloo



With fake tan applied,
car was ready to
hit Sugar Hut





Lacey Banghard

In the *Celebrity BB house*

Lacey and Tricia do that thing where women are allowed to grab each other's boobs without extreme tutting/calling the police/restraining orders. :)

Rude NEWS

Our feminine take on the week's best current affairs!



Selma Blair

In her movie *In Their Skin*

"So you're sure my character's brushing her teeth, topless, to imply her vulnerability and dental hygiene motivation, right?"

Mariah Carey

On an Australian beach

After this snap was taken, Mariah's people desalinated the ocean, fine-combed the sand and filtered cyan out of the sunlight. Mariah is "just so" like that.





Nicole Scherzinger

Launching her single

Here's the promo snap for Nicole's single. Probably not an acoustic ballad protesting whaling, then.



Candice Swanepoel

Victoria's Secret shoot

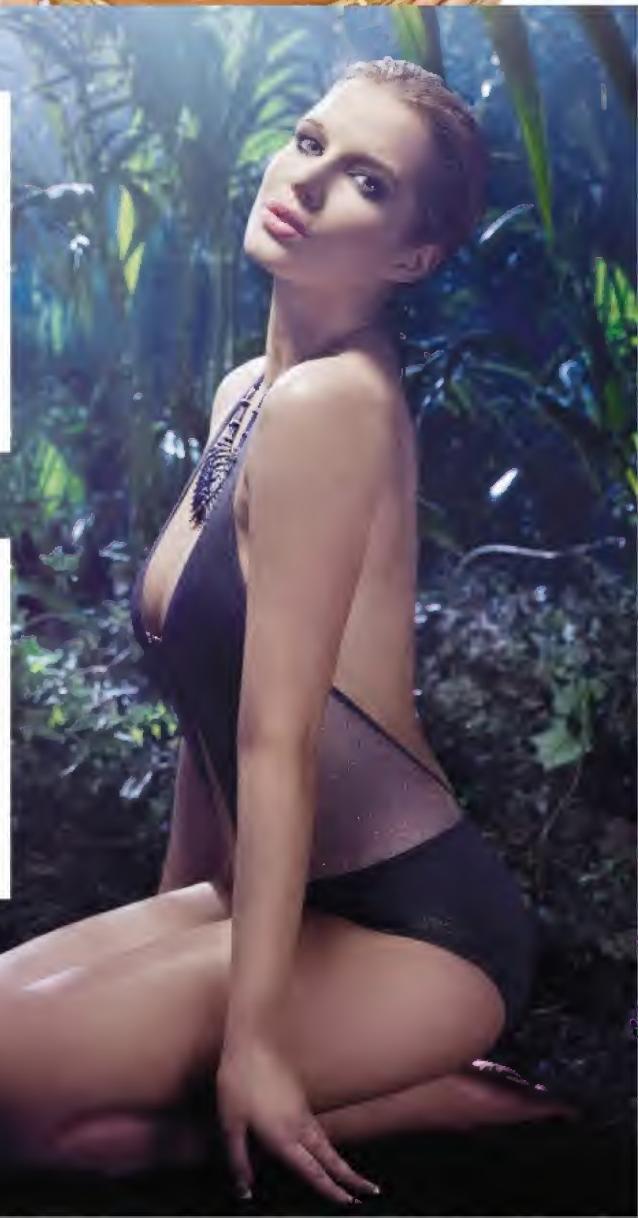
Here's Candice flogging the 2013 swim collection. And by God! They could be onto something here!



Audrina Patridge

January, her calendar

Yikes! Not only is Audrina not dead, but she shot a special 2013 calendar for her existing fan club. He's called Darren. And he lives in Peterborough. (Hi Daz!)



Helen Flanagan

Photo shoot, Australia

It's always the way, isn't it? Two weeks after someone leaves the reality jungle, they finally figure out what outfit they should have gone for. Typical!

"Hello, sir – can you spare five minutes for a quick survey?"

MELEE IS BEST! →

Axes and knives are the best way to silently dispatch walkers. Time your swing right and you'll lop their heads clean off, or stick your machete through their skulls.

The Walking Dead – first look!

TV show spawns zombie-killing game!

→ AS SURE as night follows day, a hit TV show guarantees a game tie-in. So, ta-da! Here's your first look at *The Walking Dead: Survival Instinct*. It's set while TV sheriff Rick Grimes is in hospital, and stars survivalist Daryl Dixon as he crosses a zombie-rammed Georgia trying not to get eaten. It's out later this year. Here are the top notes...

"You do not spell 'was' with an 'o'!"

IT STARS ACTUAL ZOMBIE KILLERS! →

Actual *Walking Dead* cast members Norman Reedus (Daryl Dixon) and Michael Rooker (pictured, his brother Earl) are in the game, for TV authenticity.

It was an inauspicious start for Diving Boards R Us.

↑ SURVIVAL OF THE FITTEST!

You can avoid becoming zombie din-dins by not alerting them. Gunfire and breaking glass will signal them, then they'll swarm, causing death. Yours.

Don't look!

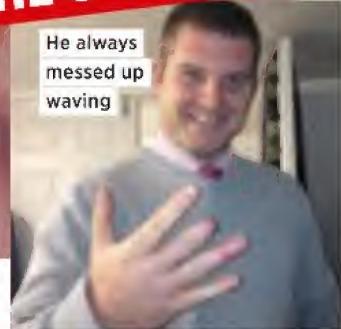
The page that makes you go, 'Eurgh!'

"Note to self:
get some new
nail clippers"

CHOPPED!



HE'S OK NOW!



'I put my hand straight through a table saw!'

This is what happens when you turn your back on flat-pack!

→ **NUTS READER**
Danny McGrath, shunned the flat-pack option to build his own wardrobe, but a lapse in concentration saw the 33-year-old from Horsham picking the tips of his fingers off the floor.

"I put my hand through the table saw I was using,"

Danny tells Nuts. "I lost the top of my middle finger and the ring finger of my right hand!"

Worse was to come for Danny because he lives 40 minutes away from the nearest hospital, so he had to tourniquet his hand to stem the bleeding and drive himself there.

When he finally arrived, medics had to keep Danny

conscious during surgery – something which was a bit unsettling for him.

"It was a bit surreal," he adds, "watching them use surgical tools on my hand. I took the bits of my fingers with me but they could only reattach one."

As for DIY, we suspect Danny will be leaving it to the experts in future.

Win £1,000!

Think you can do better?
Here's your chance.
The best "Don't Look!"
picture published in 2013
will win £1,000 in cash!*
Submit your images
and contact details to
dontlook@ipcmedia.com

ONLY IN
Nuts!

Would you?

Your secret crushes put to the test!



THIS WEEK

CELEBRITY BB'S GILLIAN TAYLFORTH?



"My mate Brode stitched me up last week when he

revealed my love of CBB's Tricia Penrose. But what he neglected to mention was that he fancies Taylforth!"

DUT Steffs

- Who do you secretly fancy? Write to nutsmagazine@ipcmedia.com and let us know!

Vote now at www.nuts.co.uk/wouldyou

LAST TIME TRICIA PENROSE?

Yes: 82% No: 18%

Four out of every five of you (more or less) said you'd be happy to be cooped up in a house with Tricia for weeks on end!



PHOTOS: REX FEATURES

ONLY IN
Nuts!

SEX ADVICE FROM A FIT LESBIAN! ↓

Because she knows what she's doing and we don't!



KEEP UP
WITH DANNI
ON THE NET!

For all Danni's latest news and pictures, follow her on Twitter - @Danni_Ors!



LETTER OF THE WEEK!

Will I get hurt?

I've been sleeping with my ex, but I worry it'll end up hurting me more when it's over. The sex is great but where's it going?

ANON via email

With these situations, you'll know the answer deep down. You'll know if she's just using you for sex, you'll know if you're going to end up back together, you'll probably even know if she's your future wife. Make a decision: either fight for her or let her go.

Is age an issue?

I'm in my early 20s and usually sleep with girls around the same age. I've always made them come but I never get to finish.

On a recent holiday, I slept with a 41-year-old. We were at it for two hours and both came twice. So should I stick to older women?

JAKE Cornwall

Sex ban worries me!

My girlfriend and I have been together for two years but we don't have sex very often. I work away and only see her at weekends. The first thing I want to do is jump on her, but she's not the same and says she could happily go without. I love her more than anything and want to be with her, but I can't be with someone if we're not being intimate.

ANON via email

Women normally prefer full commitment, as it makes them feel secure and loved. Without this, vulnerability and suspicion can arise. Before worrying about the sex, find out where your relationship actually stands.

You'll find you have a better sexual connection with some girls than others – it has nothing to do with their age. If you rush sex, the vagina can

become sore. The wetter she is, the deeper and rougher you can go. I suggest you put more work into your foreplay to ensure a longer encounter.

I'm terrible at flirting!

When I'm on a night out with my friends, I can banter and joke endlessly. However, when it comes to chatting up girls, I don't know what to say or do – I always feel so nervous!

SAM via email

Sam, my sweetie, grab your balls in your hands and look in the mirror. Be a man, find your charisma and lead. Women are suckers for authority figures. Opening the door and asking how their day was actually gets them off! Take control and relax. Girls are as scared of boys as boys are of girls.

- If you've got something to ask Danni, just email her at thelesbian@nutsmagazine.co.uk or write to her at the usual Nuts address on p64.

ONLY IN
Nuts!

The Nuts Celebrity Kama Sutra!



No 70 The Deadmau5 Kat Von Double D Inky Winky.

NUTS NEXT TOP MODEL!

Introducing the hottest new models - in their first ever *Nuts* shoot!

ONLY IN
Nuts!



Kheenah

She's a saucy ex-dental nurse from Milton Keynes!

→ Hi Kheenah! How does it feel to be in *Nuts*?

Hello! It's amazing. I've always wanted to appear in *Nuts* as it's the best of all the blokes' mags. The girls are always beautifully shot.

Where's your name from?

My dad's Swedish. It gives me something to talk about! I've also inherited the blonde hair and blue eyes from him.

What's your favourite thing about *Nuts*?

The girls! They always look cheeky but still glamorous.

Describe your ideal shoot...

It'd be in a beautiful mansion house telling a story through each room. I could start with a naughty food-themed shoot in the kitchen, then something fun and sexy in the living room, then the bedroom!

What were you doing before you became a model?

I was a dental nurse. We had attractive staff so guys loved coming in. It helps to have a sexy girl fussing over you as you have your work done.

How can a chap impress you?

I like it when guys are having loads of fun with their mates - drinking games, being silly - and then get us involved.

Have you ever been topless in public?

Only sunbathing. I was on a girlie holiday and, obviously, tan-lines were banned!

Nice! Finally then, what are you like on a night out?

I'm the first on the dancefloor, last off the dancefloor. I'm very shy, but I'm always being cheeky and getting into trouble! 



**"I'm always
being cheeky
and getting
into trouble!"**



**WANT TO
SEE MORE
KHEENAH?**

Want to see more of Kheenah in *Nuts*? To vote, simply text VOTEA to 85088. Lines close at midnight on 22 January 2013.* Texts cost £1 per text plus network charges.** SP: Spoke helpline 0870 880 4869.

YOUR Nuts

Your Letters!

The latest offerings from our bulging sack!

LETTER OF THE WEEK!

It's J vs JJC!

Dear Nuts,
This is my mate J meeting Jessica-Jane Clement en route to Nottingham.

GREG via email

In our opinion, that beard doesn't suit her. Wait, is she the one on the right?



"What's that trickling sensation on my T-shirt?"



"It's OK, lads – she's worked out four across!"

We're guilty!

Dear Nuts,
I saw this friendly girl at the bar in Blackpool on a lads' weekend and couldn't resist proving her right.

MARK JONES via email

If the lady in question is reading this, slap on the cuffs – you have us bang to rights.

Suzukeek!

Dear Nuts,
I slipped on black ice into a snowplough and chopped my Suzuki swift in half. Anyone selling their car?

STUART via email

Anyone getting rid of a Porsche on the cheap?



STEALTH BUMMING CORNER!

"This is our head chef getting the main course."

SHAWN Aberdeen



Hana from heaven

Dear Nuts,
I was recently published in Pop Out In Public, so I thought I'd send you a cheeky pic in my vest and shorts combo!

HANA West Midlands

Thanks, Hana, but we're not sure "cheeky" is the right word. "Booby" – that's the word!



Vest was clinging on for dear life



"Er, so this is Lapland, right?"

Santa banter

Dear Nuts,
We're 2 Sigs and TCW 4 Sqn out in Camp Bastion, Afghanistan. Unfortunately, this Santa just gave us a load of sh**e for Christmas – can you show him how it's done?

SAC THOMPSON Afghanistan

T-shirts and mags on the way, chaps!

Win! £100 cash!

Readers, here's your chance to appear in the pages of Nuts – and get paid for doing it! Just send your letters, hilarious spam pics, pimped pets and Camera Phone Cuties to nutletters@ipcmedia.com or post them to the usual address on page 64. The sender of the week's best letter* wins a fantastic cash prize of £100! Editor's decision is final. Terms and conditions on page 64 apply.

Camera phone comedy!

Seen something daft? Snap it, send it in and win £100!



Win £100!

Text 'Nuts' and your picture to 0771 388 8008 (texts are free but standard network charges apply*). Pic Of The Week** wins £100 cash! Terms & conditions on page 64.



NAFF TATS CORNER



Your Jokes!

Bags and bags of cracking gags!



What do you do if you come across a tiger in the jungle? Wipe it off and apologise!

MORGAN via email

I fancy seeing that film, *Lincoln*, but I'm wondering if it'll die in the theatres!

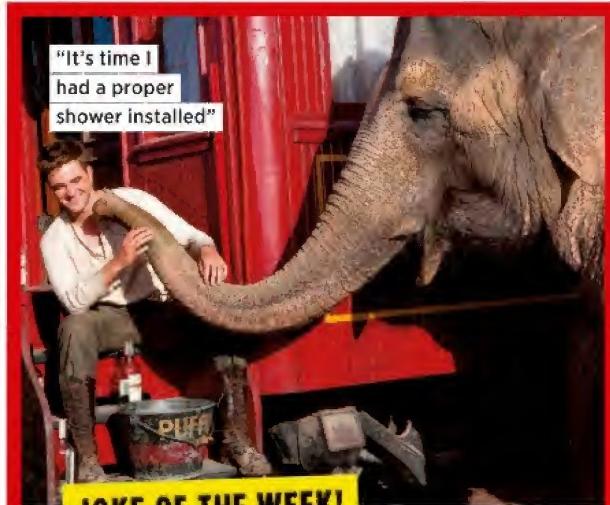
NEIL Edinburgh

**Q: What's the difference between light and hard?
A: You can go to sleep with a light on!**

ADAM via text

The goalies in the Arsenal vs Saints game were Polish. Poles, eh? Coming over here, taking our lobs!

SIMON Southampton



JOKE OF THE WEEK!

What a dumbo!

MY WIFE recently put on a lot of weight and after a while I decided I had to confront her about it. With the benefit of hindsight, saying we needed to talk about "the elephant in the room" probably wasn't the best way to put it.

PATRICK WALKER via email



Fox in the box!

A MAN phones the RSPCA and says, "I've just found a suitcase in the forest with a fox and four cubs inside."

"Oh no, that's terrible," says the RSPCA lady. "Are they moving?"

"I'm not really sure," he replies. "But that would explain the suitcase!"

MR IRON THUMBS via text

Bottled it

A BLOKE'S in the car with his mate when he says, "Stop – I need the toilet!"

His mate passes him a bottle and says, "Use this."

A few seconds later, the bloke says, "Whoops, I've got some on the seat."

"It's OK, it's my mum's car," comes the reply.

"OK, but have you got anything I can use to wipe my bum?" asks the mate.

MORRIS Oldham



Scouts honour

A BLOKE phones his brother to thank him for buying him the latest *Football Manager* game for Christmas.

"It's so realistic," says the recipient.

"How's that?" asks his brother?

"I took control of Man United and I got my scouts to recommend a signing who'd help me win the league," explains the man. "They said I should get Howard Webb!"

ALEX Edinburgh



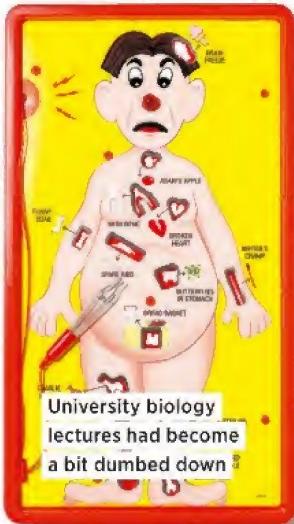
Curious kids

A WOMAN tells another mother, "I caught your son playing doctors and nurses with my young daughter!"

"Well, they're bound to be curious about sex at that age," says the boy's mum.

"Curious?" replies the other mum. "He's taken her f**king appendix out!"

KEITH via email



**Win *The Campaign*
on Blu-ray
& a home
cinema!**



Send your jokes to nutsjokes@ipcmedia.com. The sender of this week's funniest gag will win a Blu-ray of comedy *The Campaign*, starring Will Ferrell and Zach Galifianakis – out Monday – and a Philips Soundbar Speaker and Blu-ray/DVD player. Visit facebook.com/TheCampaignMovieUK

FAMOUS BLOKES' JOKES!



Milton Jones: “Family of masochist hostages reuntied!”



Rob Brydon:
“I’m awaiting platform allocation. While doing so I’m checking I have all my personal belongings with me. It seems many of them are at home!”



Gary Delaney:
“I had a really vivid dream the council was taking my allotment from me. For a moment, I thought I was losing the plot!”

Frankie Boyle:
“Happy New Year,
everybody.
Hopefully I’ll get
to meet you all
at next summer’s
food riots!”

NICOLE NEAL PRESENTS

THE SEX ISSUE!

FEATURING THE NUTS 2013 SEX SURVEY! CONFESIONS OF A PORN STAR! YOUR SEX SHOP SURVIVAL GUIDE! 25 EXPERT SEX TIPS! AND NICOLE & DANIELLE'S A-Z OF SEX!



THE Nuts

SEX SURVEY 2013!

WE ASKED ABOUT YOUR SEX LIFE, &
ALMOST 5,000 OF YOU RESPONDED!
HERE'S WHAT YOU HAD TO SAY...



do you use contraception
Yes 81% / No 19%

WHO DO YOU THINK SHOULD TAKE RESPONSIBILITY FOR CONTRACEPTION?
YOU 7% / YOUR PARTNER 9% / BOTH OF US 84%

WHO DO YOU MAINLY TALK ABOUT YOUR SEX LIFE WITH?

THE SEX ISSUE!

SIBLINGS 1%

my
PARTNER
56%

PARENTS 1%

MATES
34%

NO-ONE 8%

how often
do you have
sex?

NEVER

INFREQUENTLY

ONCE A WEEK

A FEW TIMES A WEEK

DAILY



10%
26%
18%
34%
12%



WOULD YOU EXPECT OF THE AMOUNT OF SEX YOU HAVE IN A RELATIONSHIP TO:

INCREASE OVER TIME? 29%

DECREASE OVER TIME? 29%

STAY THE SAME? 42%

how many
people have
you had sex with?

NONE
ONE PERSON
UNDER 5 PEOPLE
6-10 PEOPLE
11-20 PEOPLE
MORE THAN 20

10%
19%
28%
19%
11%
13%



Have you ever
LIED about the
number of sexual
partners you've
had?

No 61% Yes 39%

HOW WOULD YOU FEEL
IF YOUR PARTNER LIED
ABOUT THE NUMBER OF
SEXUAL PARTNERS THEY'D

HAD?

{ I wouldn't care }	49%
{ I'd be angry }	7%
{ I'd be sad }	41%
{ I'd end the relationship }	3%

HOW MANY SEXUAL
PARTNERS IS TOO MANY?

MORE THAN 5	15%
MORE THAN 10	24%
MORE THAN 20	25%
MORE THAN 30	36%

HAVE YOU EVER HAD AN STI?

YES 7%
NO 93%

HAVE YOU EVER BEEN TESTED FOR AN STI?

YES 42% NO 58%

DO YOU KNOW WHERE TO GET TESTED FOR AN STI?

YES 85% NO 15%

ILLUSTRATION: OLI FRAPE

HAVE YOU EVER FANTASISED ABOUT SEX WITH:

A MATE'S PARTNER? → 24%
A MATE'S SIBLING? → 13%
A MATE'S MUM? → 4%
ALL OF THESE PEOPLE? → 43%
ONE OF THESE PEOPLE? → 16%

HAVE YOU EVER HAD SEX WITH:

A MATE'S PARTNER? → 19%
A MATE'S SIBLING? → 21%
A MATE'S MUM? → 8%
NONE OF THESE PEOPLE? → 52%

how old were you when you lost your virginity?

UNDER 16 21%
16-19 55%
20-25 12%
26-30 1%
OVER 30 10%
I'M A VIRGIN 10%

HAVE YOU EVER TRIED ANY OF THE FOLLOWING?

BUYING A PORN DVD? 36%
TEXT SEX? 42%
PHONE SEX? 55%
CYBER SEX? 34%
SENDING NAKED PICTURES? 43%
VISITING A STRIP CLUB? 43%
LOOKING AT PORN ONLINE? 94%

AT WHAT AGE WOULD YOU CONSIDER SOMEONE TOO OLD TO BE A SEXUAL PARTNER?

OVER 30 9%
OVER 40 26%
OVER 50 33%
OVER 60 32%

SEXUAL PARTNER?

Have you ever experimented with any of the following:

BONDAGE? 17% FOOD? 29%
SEX TOYS? 46% ROLE PLAY? 30%
SEX CONTRACTS? 5% ANAL SEX? 39%
RESTRAINTS? 27% PORN? 44%
THREESOMES? 11%
CROSS-DRESSING? 4%
NOTHING LIKE THIS? 23%

would
you ever visit
a Sex Shop?

NEVER 20%
YES, JUST OUT OF CURIOUSITY 47%
YES, TO ACTIVELY BUY THINGS 33%

HAS
FIFTY
SHADES
OF GREY
INFLUENCED
YOU IN A
SEXUAL
WAY?

yes 9%
no 91%

WHAT'S YOUR SEX POSITION OF CHOICE?

MISSIONARY
COWGIRL
REVERSE COWGIRL
STANDING FACING
STANDING DOGGY
PILEDRIVER
SPOONS
69
OTHER



Which celebrity would you most like to have sex with?

Tulisa	3%
Kim Kardashian	6%
Katy Perry	9%
Holly Willoughby	9%
Kate Upton	10%
Rihanna	3%
Zara Del Roy	1%
Jessica Ennis	3%
Nicole Scherzinger	3%
Christina Hendricks	2%
Scarlett Johansson	14%
Kelly Brook	12%
Frankie Sandford	2%
Megan Fox	8%
Cheryl Cole	8%

SO
NOW
Many one-
night stands
have you had?

NONE
2-5
11-20
21+

14%
26%
5%
21%

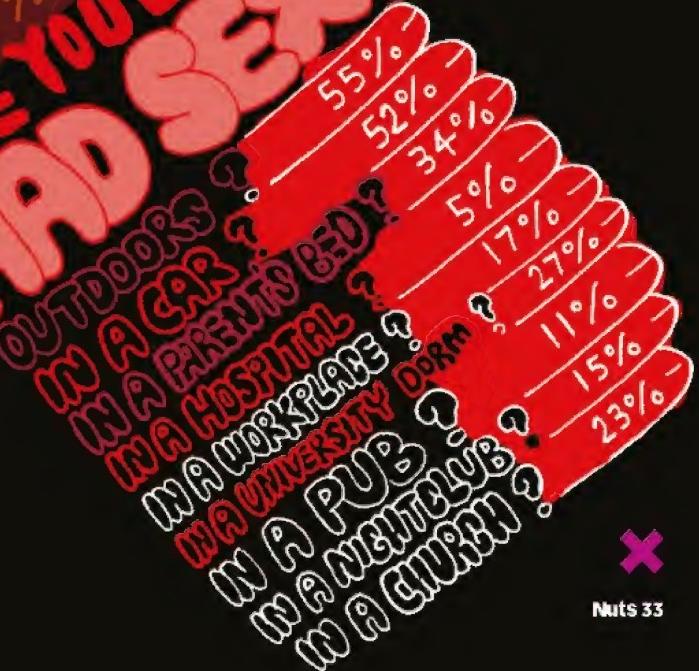
14%
8%
5%

WHICH REALITY TV GIRLS
WOULD YOU MOST LIKE
TO HAVE SEX WITH?

A GIRL FROM TOWIE 39%
A GIRL FROM GEORDIE SHORE 21%
A GIRL FROM THE VALLEYS 13%
A GIRL FROM MADE IN CHELSEA 35%

HAVE
YOU EVER HAD A
SAME-SEX SEXUAL
ENCOUNTER?
YES 8%
NO 92%

HAVE YOU EVER HAD SEX?



Confessions of a Porn Star

Adult actress Gloria Savage answers your questions!

When you first meet a bloke do you reveal your job right away?

JOE BIRMINGHAM

"Obviously not within the first few minutes – unless I'm really drunk! But I'm a very straight-up person and I've never lied and said I'm an accountant or anything. If a man is up front enough to ask, then I'll tell him the truth!"

Do you always have to fancy the person you're having sex with?

DAMIEN CHATHAM

"There have only been one or two times when I've had to have sex with a guy where there's just been no spark or connection of any kind. Even if I don't fancy a guy straight away, there's nearly always one feature of him that I find attractive. Or if he's just got great banter and is a bit cheeky then that can be enough."

GLORIOUS GLORIA!

As Syren Sexton, Gloria has won two Shafra awards and now does mainstream movies.

Do you ever worry that your movies will be accessible forever?

TOM WALSH

"Life's too short to regret things like that – though my porn career has come back to bite me, of course. I recently won a beauty pageant but I had the award taken away from me as somebody found out that I was doing porn!"

Have you suffered any sex injuries?

MATT LONDON

"I've had to have an ice pack on my private parts a few times as I was having sex all day for seven days straight, and then coming home and having sex with my boyfriend."

What's the most extreme thing you've done on camera?

ELIJAH BIRMINGHAM

"Definitely ball busting. This is when you wear very sexy boots and kick guys in the balls, as it turns them on. It's a pretty easy way to earn a day's wage and I really enjoyed it. It can get a bit much though. I actually burst a guy's ball sack once, I kicked him so hard. He was on the ground begging me to kick him again! It's a fairly extreme fetish."

What are you best at?

NOËL LONDON

"Blow jobs for sure. Purely because of the reaction I've got from men both during films and in my personal life. One guy came so hard when I gave him a blow job that he punched my bedhead and broke it when he came! I think that's a sign that I did a good job."

What's the largest number of partners you've been with at once?

MAX IRVICH

"Three guys is the most at one time on set. It got a bit much as I was dating one of them at the time. I got very carried away and kissed one of the other guys on the lips during the middle of the scene. The guy I was dating just instinctively turned around and slapped him!"

I'm a 19-year-old bloke and I reckon I'm good-looking and well-hung. How do I get into porn?

PETE SOUTHEND

"It's just hard work and determination, like any other job. Just go online and look at the websites for the different adult casting agencies, send them some pictures of yourself and don't give up if you get rejected the first time around."

Can a normal bloke chat up a porn star?

JERRY WIGAN

"Don't assume that because girls are porn actors that they're going to be easy and screw you straight away. So just don't try too hard, be yourself and don't launch into talking about sex from the start – a bit of romance and flirtation first is far more attractive."

Do you find sex on camera a turn-on or is it just "the day job"?

HOWARD MANCHESTER

"At first, it was a huge turn-on but as you get used to it, it becomes more of just a day-job – although still a pretty enjoyable one! You're more focused on being professional and getting it right rather than just being 'in the moment' after the first few months."

Can you have a normal boyfriend and still be a porn star?

RYAN ALDERSHOT

"I'm actually married! My man has always been very supportive, though I've dated other guys in the past who've got really turned on by the idea of having a porn star girlfriend. But then they get insecure and jealous. You have to be a certain type of very confident man to date a girl in the adult industry."

How well off are you?

DAVE LONDON

"People think that girls like me are getting between three and five thousand pounds a scene. The truth is it's more like a third of that. It's not a job that's going to make you a millionaire, but it's well above average and it's enabled me to do things like buy a nice car outright and have a more comfortable life than a lot of other 23-year-olds."

What's the most amusing thing that's happened to you while on set?

GREG LUMPKIN

"One that definitely sticks in my mind was a time I did a scene when I just couldn't stop peeing! A guy was screwing me and he obviously touched something that hadn't been touched before. It was a very strange reaction – everyone on set was laughing, and it's never happened before or since."

THE SEX ISSUE!



INTERVIEW: ROB CROSSAN; PHOTOS: COLIN WILLIAMS; ILLUSTRATION: SAM BEVINGTON THANKS TO LOVEHONEY.CO.UK FOR THE SEX TOYS

Who's the biggest male performer you've been with?

STEVE CARLISLE

"When I did a shoot in Los Angeles, there was a guy known as Voodoo whose c*ck was about 12 inches and incredibly thick as well. I was worried about it as I was told when I arrived on set that a girl had filmed a scene with him the day before and was just crying as she couldn't take it. But it turned out I could take him just fine."

How has porn changed since you first started working in it?

JACK BENTON

"There's actually less work around at the moment, so a lot more girls are also doing escort work these days. I'm lucky because I now make mainstream films. I was in *Strippers Vs. Werewolves* last year, which was great fun! My advice to newcomers is to be very careful but, don't be put off!"

How do you score yourself out of ten when you watch yourself back?

ROB BRIGHTON

"Ten, of course! That's not me being conceited. I just have a real enthusiasm for trying new positions, new toys, new places to have sex... I just never want sex to get boring."

What do your parents think about what you do?

CARL COLESTON

"They were concerned at first, but they've been amazingly supportive of me. I doubt it was the career path that they had in mind for me, but they've always let me make my own choices. There's a bit of an unspoken rule between us that we don't go into any details of my job at all."

THE SEX ISSUE!

BODIES, BABYDOLLS AND CAMIS!

Best for: A sexy but classy gift

Our expert says: "Bodies are the lingerie equivalent of a leotard, a babydoll is a bra with flowing, sheer material and a cami is a very tight, small dress, often with suspenders. Babydolls are great for girls who are conscious of their figure."

Beginners, bag this: Music Legs seamless fishnet crotchless body. £8.99 from Lovehoney.co.uk

BONDAGE!

Best for: Heightening senses

Our expert says: "Being tied-up, blindfolded or gagged in the bedroom increases your other senses – especially touch!"

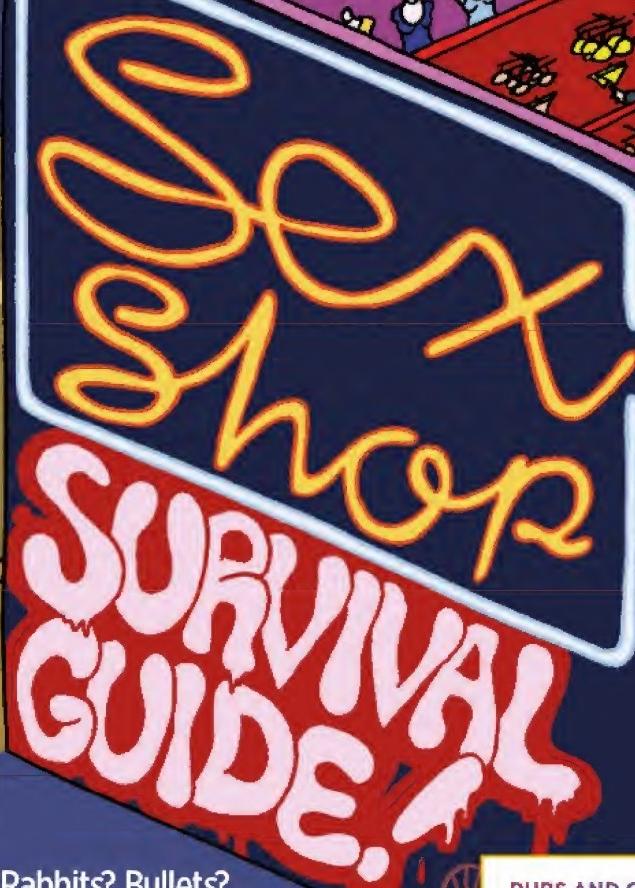
Beginners, bag this: Tease Me fury handcuffs. £6.99 from Lovehoney.co.uk

HOISERY!

Best for: Completing the look

Our insider says: "Stockings and hold-ups look the same, except stockings need suspender belts. Hold-ups can be worn with or without a suspender belt. However, if your girlfriend has bigger thighs, the tightness can create a leg muffin-top!"

Beginners, bag this: Black fishnet pull-on suspenders set. £12 from Ann Summers



Rabbits? Bullets?
Jiggle Balls? Help!
We asked sex
shop worker
"Sally" to steer us
through the shelves!

RUBS AND GELS!

Best for: Foreplay

Our expert says: "These are for if you or your partner aren't easily turned on. You can get them for your rude bits but also there are nipple rubs and foot rubs."

Beginners, bag this: Pleasure gel. £8 from Ann Summers



LUBES!

Best for: Making life easier

Our expert says: "We sell lube to make sex easier. There are lots of other benefits too, like tingling lubes for extra sensations and flavoured lubes for oral sex."

Beginners, bag this: Liquid Silk lube. £3.99 from Lovehoney.co.uk



TOYS FOR COUPLES!

Best for: Spicing sex up

Our expert says: "Vibrating c*ck rings never fail! The ring fits over the penis and carries a vibrating motor on top. This will stimulate your partner as well as you."

Beginners, bag this: Rabbit c*ck ring, £79.99 from Lovehoney.co.uk



TOYS FOR BOYS!

Best for: An extra hand

Our expert says: "Why not make your alone time more enjoyable? A lot of women masturbate – we're not going to judge you."

Beginners, bag this: Thrust realistic male masturbator, £39.99 from Lovehoney.co.uk



JIGGLE BALLS!

Best for: Her fantasies

Our expert says: "These are weighted balls your girlfriend inserts inside herself. It's basically weight-training for her vagina and is very pleasurable."

Beginners, bag this: Pink jiggle balls, £18 from Ann Summers



HOSIERY



COUPLES



FOR BOYS



BALLS?



BULLETS



BULLETS!

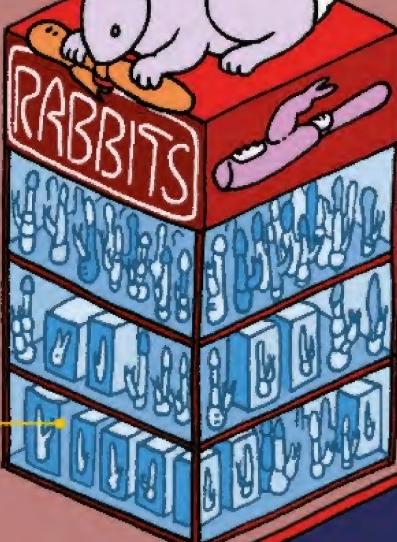
Best for: Her first toy

Our expert says: "Bullets will give your girl an extra buzz and, if she holds it under her chin, it'll relax her throat muscles so she can go down on you further!"

Beginners, bag this: Gold bullet vibrator, £10 from Ann Summers



RABBITS



RABBITS!

Best for: Pleasing your lady

Our expert says: "Blokes can be threatened by these because of the size, but the insertable length is only a few inches. Talk to your girl before buying her one."

Beginners, bag this: The Little Slim One, £35 from Ann Summers



Dos and don'ts

Planning a trip to the sex shop? Take this advice from the girls in the know!

DO "...ask questions. Blokes are understandably nervous about coming into the shop. We know you might feel a bit embarrassed. It's cool!"

DON'T "...hide in the corner and look shifty. We'll probably think you're shoplifting!"

DO "...come prepared. If you're buying lingerie for your partner, make sure you know her sizes."

DON'T "...think we're going to judge you. The vast majority of girls who've applied to work here are very interested in the world of sex."

DO "...have a laugh with us. To work in a sex shop, you have to have a sense of humour."

DON'T "...come in with your mates and act like idiots or we're likely to chuck you out!"

25 EXPERT



from the girls who know

Foolproof advice from five proper experts!

our rudest ever cover star

Holly Hagan



1 “Film yourself. You’ll try so much harder because you know you’re both going to watch it back!”

2 “I love sex toys, but I prefer a man to a toy, so I want the vibrator to be an add-on. Buy your girl a vibrator and say you don’t mind if she uses it during sex.”

3 “Guys think the faster they can do something the better, but it’s the opposite for foreplay. Kiss her neck and tummy. You’ll get back what you give!”

5 “Tell her she’s sexy. I hate it when guys just use rude words over and over in bed!”

4 “Only half of a girl’s excitement comes from you touching her rude bits. Use your lips, be soft and take your time. Slow kissing is much more of a tease than the heavy stuff.”

our sexy columnist
Danni Orsi

6 “Froth up some mint body wash and directly aim the shower head near her clitoris and watch her come. Never fails.”

7 “During foreplay, rub a cheeky finger around her anus while inserting your fingers in her vagina. It’s all about rhythm!”

8 “During intercourse, build up the speed, then thrust your last stride hard!”

9 “Kiss her feet. Bite near her knee. Suck the inside of her thigh. Breathe on her vagina. Caress her nipples. Pull her hair!”

10 “Touch her in public under the table. Make her blush and don’t stop. Then take her to the toilets for a seeing-to.”



THE SEX ISSUE!



our ladies
confess editor
Lou

11 “Place a mirror in front of your bed. Sit behind her and let her watch as your hands roam her body and play with her clit!”

12 “A humble ice cube can spice up your foreplay. Drive your woman wild by rubbing one on her nipples and hold one in your mouth while you perform oral sex.”

13 “Tease your lady by giving her a dirty phone call or text at work telling her what’s in store when she gets home!”

14 “Slice up some fruit to feed your girlfriend, dipping bits in chocolate and yoghurt and parts of her body too!”

15 “The best position to stimulate her G-spot is the reverse cowgirl. This involves her being on top, facing away from you. The angle of the penis does it!”

the sex expert
Hella
walkington

16 “Women take time to physically and mentally prepare for sex, so kiss and cuddle to build up!”

17 “Give her a five-minute erotic massage and she’ll beg for more. The sexual anticipation will drive her wild!”

18 “If we straddle you like a bucking bronco, we want to ride you our way, so don’t bounce us up and down like a rag doll!”

19 “Spend time alternating between circular motions and up-and-down motions with your tongue to get her fired up, then slip a couple of fingers in her.”

20 “One thing sure to make her come is tickling her clit, so learn to stimulate her properly using your fingers. You’re doing it right if her clitoris swells!”

• Hella is a former dominatrix and sex expert at Lovehoney.co.uk – Britain’s biggest online seller of sex toys.



the sex
therapist

Tracey
Cox

21 “Push her legs open, then start masturbating yourself. It’s very smutty and very sexy. Being ‘opened’ like this is highly erotic!”

22 “For G-spot stimulation, use the traditional pose and insert two fingers in her – while continuing to lick – upturned into a hook shape”

23 “Stand her in front of a tall mirror, stand behind and play with her in front of it. It mimics the angle she’ll use to pleasure herself.”

24 “Find her A-spot, stroke it and she’ll get wet instantly!”

25 “Use your index and middle finger to form a V-sign and slide them either side of the clit, running over the outer labia.”

• Visit traceycox.com for more advice and a full range of products.





NICOLE AND DANIELLE PRESENT...

The A-Z of Sex!

Welcome to *Nuts*' encyclopedia
of everything rude!

A close-up, intimate photograph of two women in lingerie. One woman with dark hair and red-painted fingernails is seen from behind, her hand resting on the shoulder of the other woman. The second woman, with blonde hair, is facing the camera, her head tilted back as they share a kiss. They are both wearing black lingerie, with the woman on the right wearing a black thong and the woman on the left wearing a black bra and matching thong. The background is dark and blurred, creating a moody and sexual atmosphere.

THE SEX ISSUE!

Adult fiction

Nicole: "I'd prefer a film version of *Fifty Shades Of Grey* – to get to the good bits quicker! But us girls do love a cheeky read."

Danielle: "I like a naughty book, but I'm not much of a reader. Perhaps if it gave me lots of ideas I might have to pick one up."



Bondage

Nicole: "I'm all for tying people up! Danielle and I tied each other up for a shoot once and it felt very sexy."

Danielle: "I loved those silk ties – they felt really sexy on my skin."

Cybersex

Nicole: "I see nothing wrong in sending a cheeky email to brighten up a work day – just make sure you send it to their personal email, not their work one!"

Danielle: "Yes, whatever you do – don't send a rude email to a work address. But there's something really naughty about being rude with someone on a computer – especially if you live far apart."

Domination

Nicole: "Lead a girl into the bedroom, look her in the eyes and tell her she isn't allowed to touch you until you say so. That's so hot!"

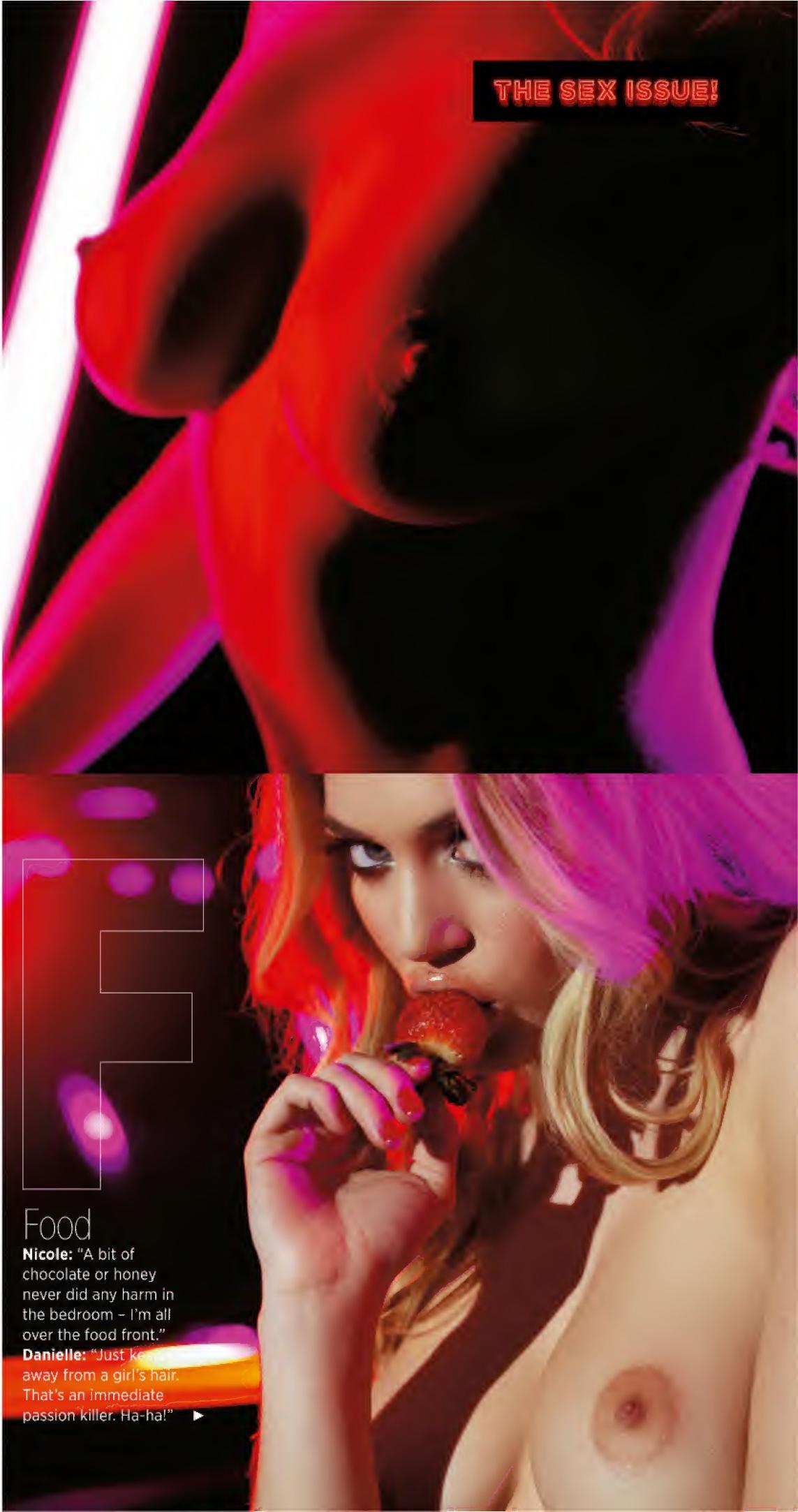
Danielle: "Maybe bring in a blindfold – it feels really nice to be kissed and not know where they're going to kiss next!"

Eye contact

Nicole: "Having heavy, lingering eye contact with someone you fancy is so sexy.

It's a deal-breaker that a man can hold my eye."

Danielle: "Eye contact is the hottest, sexiest way of finding out if someone you like is really into you. Remember that!"



Food

Nicole: "A bit of chocolate or honey never did any harm in the bedroom – I'm all over the food front."

Danielle: "Just keep away from a girl's hair. That's an immediate passion killer. Ha-ha!" ▶

THE SEX ISSUE!

G-strings

Nicole: "I never wear French knickers - I'm a G-string girl all the way. They leave no lines and always make me feel very desirable."

Danielle: "String underwear is best - it always makes you feel like you have nothing on!"



H

Handcuffs

Nicole: "I must've worn handcuffs more than any girl I know. The thing is, I can slip my hands out of them very easily – it's an exciting talent to have!"

Danielle: "It can be hot giving someone else all the control, but you'd have to really trust that person first."

K

Kissing

Nicole: "I like soft and slow kisses, but also a little gentle biting. Biting can be hot."

Danielle: "Biting? Not on my lips, please. If a guy is a bad kisser, he's getting absolutely no further!"

Licking

Nicole: "This might sound a bit weird, but if you're on a date with a guy, if he leans in and puts the tip of his tongue on your earlobe, that can be really hot!"

Danielle: "I like a bit of a lick. Anything near the ear can be quite hot for a girl." ▶



Ice cubes

Nicole: "I was out with fellow *Nuts* girl Sabine the other night and she grabbed some ice cubes out of a drink and rubbed them across her chest. My mouth hit the floor!"

Danielle: "They can be nice, but be careful, boys – I think no girl would appreciate you using ice cubes without asking."



D Phones

Nicole: "If someone stole my phone they'd think I fancied women. I have so many rude and raunchy pics of hot girls. I can't get enough!"

Danielle: "Phone pictures can be sexy, but only really pics of girls. No one wants to get an image of a bloke's bits!"

M Massage oils

Nicole: "I had a massage the other day from Sabine and it was so good, my mouth ran. That's how much I love them."

Danielle: "A massage is always a good starter for sex – it can really put a girl in the mood."

N Nails

Nicole: "I love having long, manicured nails so I can scratch a guy's back or mess up his hair."

Danielle: "Guys, please look after your nails – it's rank seeing a guy with grubby fingernails!"

O Outdoors

Nicole: "I love the outdoors – I'm from the New Forest so there isn't an awful lot else to do, is there? Ha-ha!"

Danielle: "All men should be spontaneous. It's exciting to do some naughty things every so often."

Q Quickies

Nicole: "I don't believe in quickies. Sex shouldn't be rushed!"

Danielle: "Getting in a quickie can be fun, so long as you don't fall asleep straight after."

R Role-playing

Nicole: "I've dressed as a showgirl with a feathery green bra, headdress and tiny black pants and suspenders."

Danielle: "Girls like a bit of role play. Why not put a request in and find out?"



THE SEX ISSUE!

S Spanking

Nicole: "It's too funny to be sexy. I spanked a friend once and we just fell about laughing!"

Danielle: "I quite liked being spanked on this shoot, but I wouldn't be too impressed if a guy tried it without asking. Ha-ha!" ►



U

Undressing

Nicole: "I prefer to undress myself than have someone undress me. That way I can take control."

Danielle: "Watching a girl undress really slowly is so sexy – we should know, we're experts!"

V

Voyeurism

Nicole: "I definitely like to watch – I think it's really hot to see two girls kiss."

Danielle: "We have to like watching other women – it's basically all we ever do on these shoots!"

W

Webcam

Nicole: "There's nothing hotter than a webcam if you're away from each other – maybe have a casual chat in just your underwear and see where it goes from there."

Danielle: "Make sure the door's locked, though. Ha-ha!"

X

X-rated

Nicole: "If it's approached right, there's no reason why a few saucy films can't be brought into the bedroom."

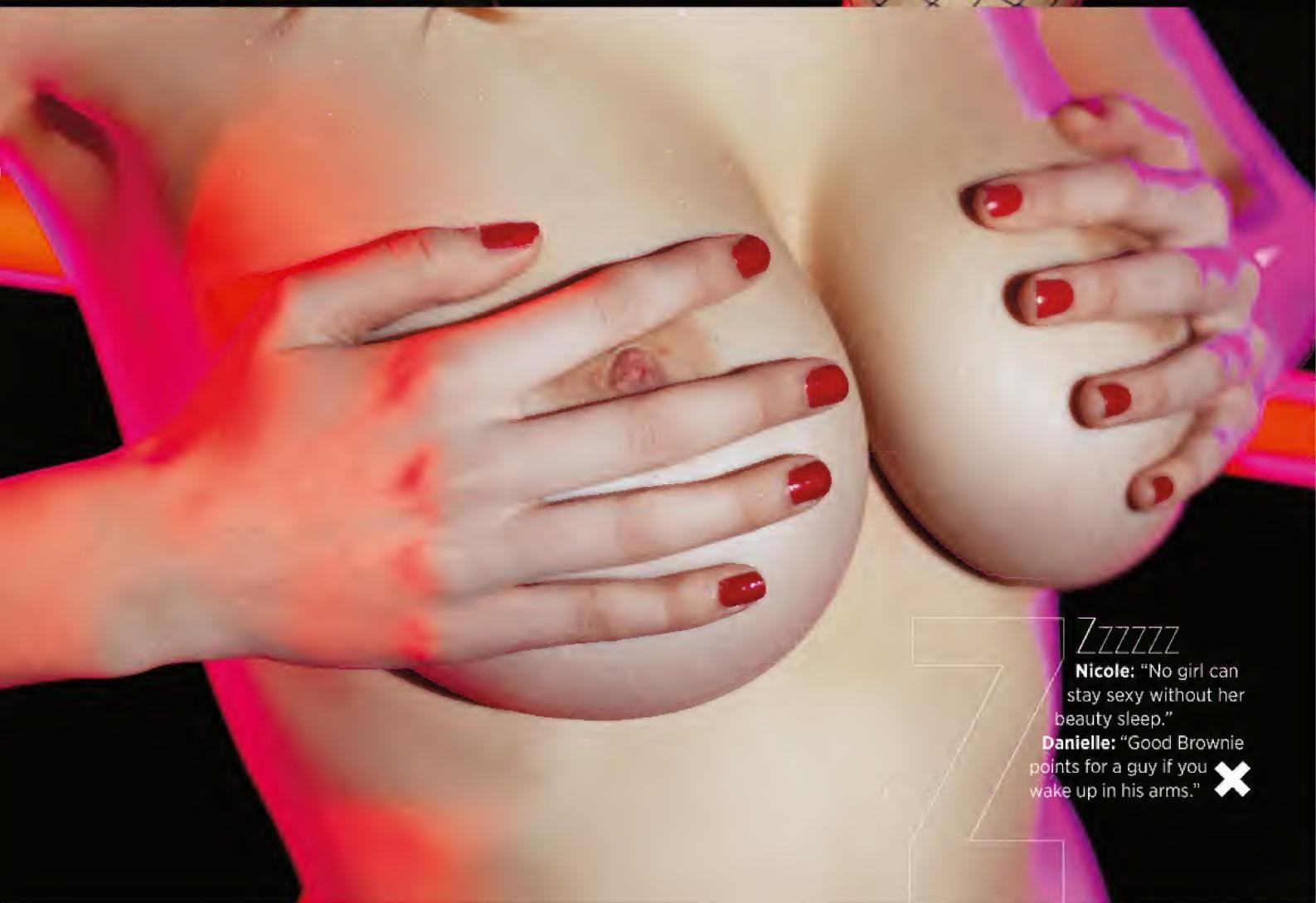
Danielle: "Everyone has sneaked a peek at a rude movie at some point. Loads of couples watch porn together."

Y

You

Nicole: "This is what it's not about – you! Please her first, then she'll always keep coming back."

Danielle: "Also – make sure you believe in you. If you don't feel sexy yourself, it's difficult for other people to find you sexy. Confidence is the root of sex appeal!"



Zzzzzz

Nicole: "No girl can stay sexy without her beauty sleep."

Danielle: "Good Brownie points for a guy if you wake up in his arms." X

Nuts STUFF

The week's best TV, movies, games, fashion, music and tech!

Nuts TV

TV built for blokes!

"For the last time, I'm not Example and I'm not guilty of crimes against music!"

THE FOLLOWING

TUESDAY •

SKY ATLANTIC/HD, 10pm

Brill new crime drama!



Friday 18 January



Room 101

BBC ONE/HD • 8.30pm

Adventurer Ben Fogle, journo Janet Street-Porter and, best of the bunch, funnyman Greg Davies join Frank Skinner to rant about the little things that make their lives a lot more irritating. Like suitcases on wheels, umbrellas, friends' hobbies and multichannel TV. We'll take some persuading on that last one.

★★★

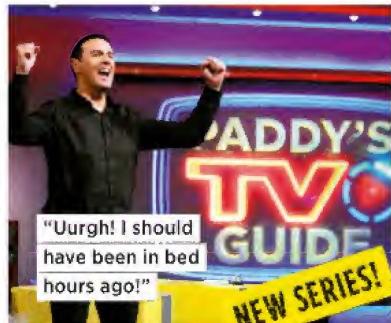


8 Out Of 10 Cats

CHANNEL 4/HD • 9pm

We're hoping all this poppycock we've been reading in the papers about the nation's favourite comedy chaps being "too rude" won't tame this Friday night comedy panel show staple, which is back for a shiny new series tonight. We're pretty sure host Jimmy Carr (and his accountant) would never let that happen!

★★★★



Paddy's TV Guide

CHANNEL 4/HD • 10pm

Paddy McGuinness returns with a show that's *You've Been Framed* meets *Harry Hill's TV Burp*, namely delving into telly archives and showing clips of really bad TV shows which are unintentionally funny. It's nothing new but makes for OK post-pub viewing. He begins by looking at health and fitness, whatever that is.

★★★

SOFA AMMO

TROPIC THUNDER

BBC ONE/HD • 11.20pm

Originally, Owen Wilson was meant to play the role of agent Rick Peck in this film, but after he tried to kill himself, Matthew McConaughey stepped in.



Saturday 19 January



West Brom vs Villa

ESPN/HD • 4.30pm

It's a Midlands derby for your delectation today, and who'd have predicted that the Baggies would be going into it as overwhelming favourites? Villa's season has been little short of catastrophic so far. They need the points badly in this one.

★★★



Saving Private Ryan

CHANNEL 4/HD • 10pm

From the opening scene, in which US troops storm the beaches of Normandy and are cut to pieces by German guns, to the closing Alamo-style defence of a bridge, this Second World War epic doesn't let up for a moment. Tom Hanks stars.

★★★★



Vitor Belfort vs Michael Bisping

ESPN/HD • 2am

Britain's Bisping (above, right) should get a title shot if he wins tonight. But it's a big if. Brazilian Belfort's fought every great middleweight in the UFC. And it's in Belfort's backyard, where Bisping will have to stop the fight to win it. How? With a chunk of luck!

★★★



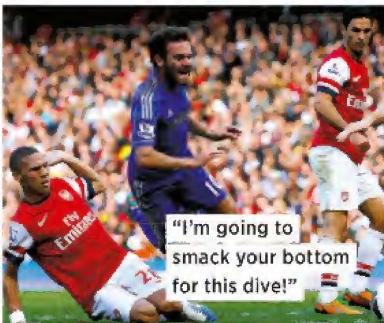
LOVE ME, LOVE MY DOLL

REALLY • 10pm

Cop a load of these loons, who've fallen in love with their life-size dolls that cost upwards of \$10k!



Sunday 20 January



Live Football

SKY SPORTS 1/HD • 1pm



Hawaii Five-0

SKY1/HD • 9pm

Fighting crime in a place as nice as Hawaii always struck us as being too much hassle, and it seems Danno and McGarrett have finally come round to our way of thinking as they go on a sea fishing trip. So, it's a bit of a pain when their boat's hijacked and they're left drifting on an inflatable raft. Should have just gone to a bar, lads!

★★★



There Will Be Blood

BBC TWO/HD • 11pm

Remarkable, extremely odd period tale in which Daniel Day-Lewis plays a ruthless California oil prospector at the start of the 20th century trying to aggressively expand his empire. It's a tad confusing and very arty, but Day-Lewis chews up the screen.

★★★



IRON MAN

E4/HD • 8pm

Blimey – not only does Stark have a personalised number plate, but one that can appear out of nowhere. How cool is that?



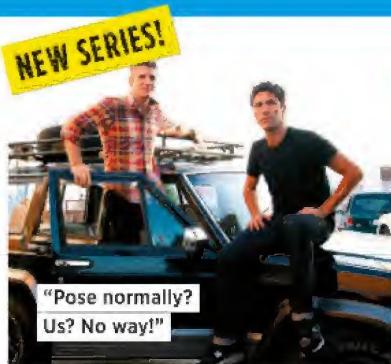
Monday 21 January



"Don't you mess up my beautiful new boots!"

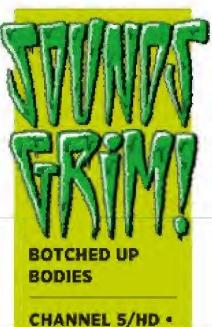


Their fancy dress for the New Forest marathon was a bit much



NEW SERIES!

"Pose normally? Us? No way!"



BOTCHED UP BODIES

CHANNEL 5/HD • 10pm

From the bloke who had his man-boobs removed, only for his nipple to fall off, to a woman with over four kilos of excess skin, this is beyond gross.



Southampton vs Everton

SKY SPORTS 1/HD • 7pm

Southampton's battle against a swift return to the Championship continues, but they shouldn't expect many favours from the visitors. Everton are scrapping for a Champions League spot, a cause helped by a 3-1 win for them against Saints last September.

★★★

Arrow

SKY1/HD • 8pm

After a brutal dust-up with Dark Archer, Arrow decides this whole superhero lark might not be for him and takes a breather. Predictably, this lasts all of about five minutes, because Laurel needs his help investigating a vigilante's death. No rest for the wicked, eh, Arrow? Um, or the good, in your case.

★★★

Catfish: The TV Show

MTV • 10pm

In 2010, a docu came out following Nev, who went to meet a girl he'd met online, but things didn't go according to plan. This new TV version of that film, *Catfish*, sees film-makers Nev and Max arrange meetings between couples, with outrageous results.

★★★★★

Tuesday 22 January

● New issue on sale today!



Louie

FX/HD • 9pm

This new sitcom has been going in the US for a while, and it's incredibly funny. The observational comedy follows Louis CK as Louie, a fictional version of himself. He's a newly divorced dad and stand-up comic trying to raise his kids. The opener sees Louie accompany his kids on a doomed school trip. Cracking stuff.

★★★★★



The Grey

SKY MOVIES PREM/HD • 9.45pm

One of the grimdest, most edge-of-the-seat thrillers we've seen. Liam Neeson's an oil-rigger who, along with a group of other colleagues, are on a plane when it crashes in Alaska. Apart from dealing with lots of snow and a lack of food, they have to contend with some very hungry wolves too. It'll chill you to the bone!

★★★★★



The Following

SKY ATLANTIC/HD • 10pm

Don't miss this awesome new drama. Enigmatic serial killer Joe Carroll escapes from death row only to go on a killing spree. Step in former FBI agent, Ryan Hardy (Kevin Bacon), who caught him once before. The trouble is, Carroll's been a busy boy, and he's got a following of nutters happy to do his murdering.

★★★★★



BETTING SLIP
PUNT OF THE WEEK!

VILLA VS BRADFORD

SKY SPORTS 1/HD • 7.30pm

Bradford have goals in them, Villa's defence is leaky. Go for a 2-1 Villa win at 15/2, leaving Bradford to edge through to the Capital One Cup final.



Wednesday 23 January



Swansea vs Chelsea

SKY SPORTS 1/HD • 7pm

A season of Capital One Cup shocks continued a couple of weeks ago with Swansea bagging a 2-0 lead to take into this semi-final second-leg match. Rafa will need to be at his note-scribbling best to mastermind a trip to Wembley for Chelsea now.

★★★



Life After War: Haunted By Helmand

BBC THREE • 9pm

In July 2009, the British Army suffered the worst attack on a foot patrol in the Afghanistan campaign, in Helmand Province. This film tells the story of the men who survived it.

★★★



Haunted Highway

WATCH/HD • 10pm

We love watching celebs having the willies put up them, as it were, so we're excited to follow Jack Osbourne as he heads out on "the scariest road trip of his life." Let's hope it's scarier than our last trip up the A1... eight quid for a burger and fries? Terrifying!

★★★



ONE BORN
EVERY MINUTE

CHANNEL 4/HD • 9pm

No matter how much the lady in your house begs you to watch this, don't: it's women giving birth and it's horrifying!



Thursday 24 January



Suits

DAVE/HD • 9pm

WORDS: PETE CASHMORE, DANIELLE GRAPH; STYLING: MIKE HALL; PHOTOS: NICK SOLIDNER; REK FEATURES; ACTION IMAGES

If you missed the first series, get on the bandwagon now. Genius-memoried chancer Mike Ross (Patrick Adams) holds down a job at a top law firm despite having no qualifications. His boss, hard-edged firm partner Harvey Specter (Gabriel Macht), knows this. And together they win cases in the slickest show on TV.

★★★



Wanderlust

SKY MOVIES PREMIERE/HD • 10pm

This is, technically, a romantic comedy, but it's also another effort to roll off the Judd Apatow production line, so is worth a look. Paul Rudd and Jennifer Aniston play a New York couple forced to head for rural Atlanta, where they end up living in a new age commune where the leader is more than a little interested in Jen.

★★★



Way To Go

BBC THREE • 10pm

If you haven't already, we strongly urge you give this new comedy a go as it's been having us in stitches. Brothers Scott and Joey and their mate Cozzo have gone into the very illegal assisted suicide business. Yup, they're helping sick or old folks top themselves, usually with hilarious consequences along the way.

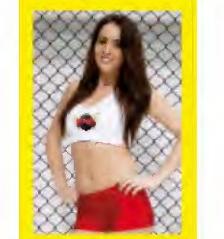
★★★



FIGHTERS'
WIVES: THE
WORLD OF MMA

CHANNEL 5/HD • 10pm

Look out for lovely Poppy Thompson in this docu about the ladies of mixed martial arts fighters.



Nuts REVIEWS*

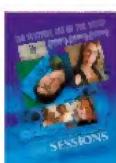
MOVIES



18 Jan • 18

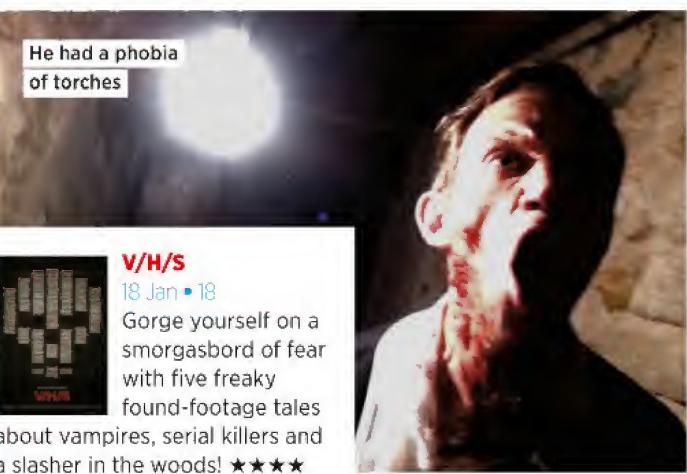
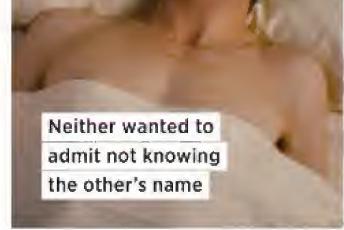
Quentin Tarantino's brilliant homage to the Spaghetti Western stars Jamie Foxx as a freed slave who joins forces with

fast-talking bounty hunter Christoph Waltz on a mission to rescue his wife from evil plantation owner Leonardo DiCaprio. The dialogue is a joy and gives way to one almighty bloodbath finale. Saddle up for an awesome ride! ★★★★



18 Jan • 15

True-life drama about a bloke in an iron lung (John Harkes) who's desperate to pop his cherry so hooks ups with Helen Hunt. ★★★



18 Jan • 18

Gorge yourself on a smorgasbord of fear with five freaky found-footage tales about vampires, serial killers and a slasher in the woods! ★★★★

MUSIC



Fancy-Dan electropop with a whiff of The Killers about it, this split the Nuts office down the middle. ★★★



Hugely anticipated debut that also features new hip-hop types Kendrick Lamar and 2 Chainz. This, as they say, is some next-level sh*t. ★★★★



The Mercury-nominated chaps return with a cockle-warming album that does weird folk in a way the Mumfords can only dream of. ★★★★



The veteran UK hip-hop chap starts the year with a miniature cluster of dubby delights, the best of which is *Natural*. ★★★★

RATINGS: ★★★★☆ Genius ★★★★ Very good
★★★ Investigate ★★ Alright ★ Rubbish

DVD & BLU-RAY



DREDD

DVD & Blu-ray • 18

The setting is poor, scummy future metropolis Mega City One, where the chaos is controlled by the Judges: urban cops with the

power to be judge, jury and executioner. We follow Judge Dredd and his new rookie as they end up being contained in a vast tower block run by junkies and crims. Dredd has some awesome action and it's surprisingly gory. ★★★★



"How come there are no girls at this barn dance?"



LAWLESS

DVD & Blu-ray • 18

Set in '20s America, this is the story of the bootlegger Bondurant brothers. A slow-burner with violence that'll make you wince. ★★★



APPS



XBOX SMARTGLASS

Android

Transform your otherwise useless old smartphone (ahem) into an extra remote control/keyboard/second screen for Xbox 360. ★★★★



GOOGLE MAPS

iOS

After Apple's iPhone update eliminated Google Maps, there was an outcry. Fear no more, it's back – and it's free! ★★★★

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A thicker formula, made for electric toothbrushes.



Nuts Games Deal or No Deal masterclass!

A host of hot tips to help you win big!

→ YOU MAY think Deal or No Deal is a game for people who believe in "systems". But take it from us – the multi-line slot game certainly isn't!

You can win big from the comfort of your own home for as little as 5p, and if you play on all lines, you could win a progressive jackpot. One recent **Nuts Games** winner bagged himself a massive £171,715! Head to www.nutsgames.co.uk and start playing NOW!

How to play

- The aim is to get winning symbol combinations from each spin of the reels, with the ultimate target being the progressive jackpot.
- You can select up to 20p on each of the 20 pay lines. That gives you up to 20 chances to win on each play!
- The progressive jackpot can only be won on the Deal or No Deal bonus game, but there are also two other fun bonus games called Banker's Offer and Mystery Box Bonus, where you can also win extra cash!

**Mark won
£171,715!**

Mark S won big with Deal or No Deal slots!



"This is surreal. I can't believe I've won, all from a £10 deposit. I'm still in shock!"

Number lines

Click the number beside the reels, or the "Bet One" or "Bet Max" button. Choose Bet Max for the chance to play the bonus game and win big!

Bonus game

If you bet on all 20 pay lines and get three Deal or No Deal bonus symbols on any pay line, the bonus game begins – this plays like the TV show, with the progressive jackpot at stake.



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**Nuts
GAMES**

gambleaware.co.uk





1 Canon Powershot N

www.canon.co.uk

Nuts says: Interesting, square snapper that puts five different filters on every shot, then shares them via Wi-Fi. So it's "Instagram, the camera", basically.

£270



HEAT SINK

The radiator design dissipates heat to boost performance.

2 LaCie Blade Runner h-drive

www.lacie.co.uk

Nuts says: Beautifully designed back-up device that has an impossible 4TB to fill. Uses USB 3.0, which means it'll suck up your content incredibly quickly.

£200



TECH SPECS

12.1-megapixel sensor, GPS, full HD video capture and 8x zoom.

3 Pac-Man Ghost Lamp

www.firebox.com

Nuts says: Light source based on the famous, floaty gaming villains. A remote control enables you to choose between 16 colours.

£35



GHOSTLY EFFECTS

This flashes, strobos and dims. Top for vintage game fans.

4 SpareOne mobile phone

www.tiggo.com

Nuts says: Handy simple blower to keep in a drawer, glovebox etc – just stick in your SIM and a single AA battery. Also has a torch. Oddly.

£45



ON STANDBY

Unused, this boasts 15 years of battery life. Utterly insane.

Nuts **REAL GIRLS**



"How could a guy impress me with £5? Dr Pepper and Frazzles!"

**BEDROOM
BABE!**

You voted, she won, we took the pics!

"Guys seem to like my eyes and my curves!"



The pic she sent us!

Amy

19 Cornwall

Boobs: 34C

Turn-ons: "Kind eyes and a nice bum!"

Sexy outfit: "Lacy bra, thong and stockings!"

Turn to vote for our
next Bedroom Babe!



Nuts HOT DATES

SIGN UP
TODAY
FOR
FREE!

Nicole

What's the key to your heart?
Someone who can show me they're not scared to be romantic.

What's the one way all men could make themselves more attractive?
Make a girl laugh!

Suzi

What's your ideal first date?
Going to Vegas and spending the night sipping pink champagne!

What's the one way all men could make themselves more attractive?
Be confident, as girls find it sexy!

Katherine

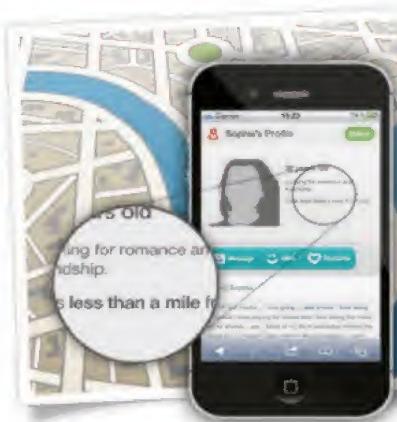
How can a man impress you with £5?
Buy me a bag of Chupa Chups lollies – they're my favourite sweets!

What's the one way all men could make themselves more attractive?
Have a sense of humour!

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BEDROOM BABE VOTE!

Pick your winner – and she'll star in *Nuts*!



Sienna

22 Derby

"I really enjoy a full-body rub-down!"

PAGES 60-61: PHOTOS: PAUL MUSSO HAIR & MAKE-UP: OLIVIA FERRER

Louise

22 Glasgow

"I turned up at a guy's house in my lingerie!"



Ann Denise

24 Manchester

"I have a curvy figure and a small waist!"



Julie

27 Southampton

"I have a pole for dancing at home!"



Vote now!

The winner gets her own Bedroom Babes shoot in a future issue of *Nuts*!

Choose the girl you think is the hottest, go to www.nuts.co.uk/girls, click on the "Bedroom Babes" bit and vote for her. Simple!

Ladies! Send your photos to **Real Girls UK, Nuts, 9th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street, London SE1 0SU**. Or email nutsgirls@ipcmedia.com. You must be over 18.

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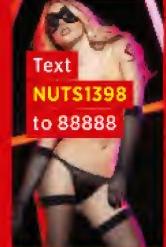
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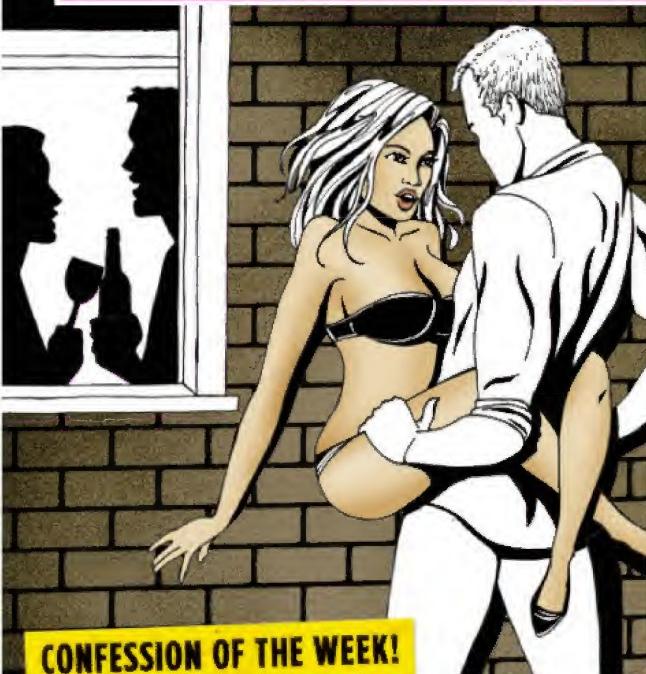
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ONLY IN
Nuts!

LADIES CONFESS! TO OUR SECRETARY! ➤

Racy revelations from our female readers!



CONFESION OF THE WEEK!

'We went up against a wall'

I WAS OUT for a few beers one evening when I bumped into a guy I knew from my old job. He's almost double my age but very sexy and a great laugh. After a few more drinks, some heavy flirting and a little kiss, we went outside. Before I knew it, his trousers were around his ankles and his hands were down my panties. I'd never done anything like it before but I just couldn't stop and wanted more. We ended up having sex against a brick wall around the corner from the bar. It was the best sex I've had in years, and I can't get it out of my head!

Hollie via email

'He made a rude call'

MY BOYFRIEND and I had gone for a drive one evening and ended up

going to a secluded spot to get a bit naughty in the back of his car. We got to it, moaning and groaning, and finished rather loudly! When we got back to his mum's house, she gave us the most awful look and went

into the kitchen, leaving us with his dad – only for him to tell us that my boyfriend had called his mum's mobile by accident! Her voicemail had kicked in and recorded the whole thing, and she'd listened to it all the way through. I left the house pretty swiftly that night and haven't been able to look his mum in the eye since.

Lisa via email

'I got horny in the cab'

I LEFT my new date's flat one night, really turned on by his amazing kissing and sexy hairy chest. His flatmate had been in all night and we hadn't had the chance to be alone. As I sat in the taxi home, dreaming the bumps and curves of the road vibrated through the back seat. The driver was trying to pass the time with me and although I was answering his questions, my mind was occupied with thoughts of my fella and what I was missing out on. I soon had my fingers on my jeans, rubbing and pressing gently at my groin, getting hornier and hornier by the second.

I eventually managed to unbutton my jeans and was bringing myself off while the cab driver carried on, still chatting, completely unaware of what I was doing!

Clare West Sussex

JOIN NUTS HOT DATES AND MEET HOT SINGLE GIRLS AT WWW.NUTS.CO.UK/HOTDATE

Nuts REAL GIRLS



SHARE
WITH OUR
SECRETARY!

Ladies, got a saucy secret you can't keep to yourself? Send your sexy story to our Lou!

'We got rude on campus'

LAST WEEK I was waiting for my boyfriend to pick me up after lectures. When he pulled up, he suggested we get naughty in the uni building. I like to scream, so finding a private place was a challenge. I remembered a small bathroom on the ground floor and we raced to get there, practically shoving each other inside. He pulled me towards him, slamming the door shut and locking it with a free hand. The other slipped down the back of my jeans, grabbing my bum as I pushed my hips against him. He picked me up, sat me on the sink and pumped into me hard and fast. We got faster and faster until I climaxed and he followed just seconds later. We left the bathroom with huge grins on our faces, hoping nobody had heard what we were up to.

Charlie Devon

Win £50!

Ladies, send your raunchiest confessions to louise_prior@ipcmedia.com or to the address on page 64. The best one each week* will win £50! Come on, girls!

POP OUT IN PUBLIC!

Have a cheeky flash – and earn some cash!

UNDER A BRIDGE!

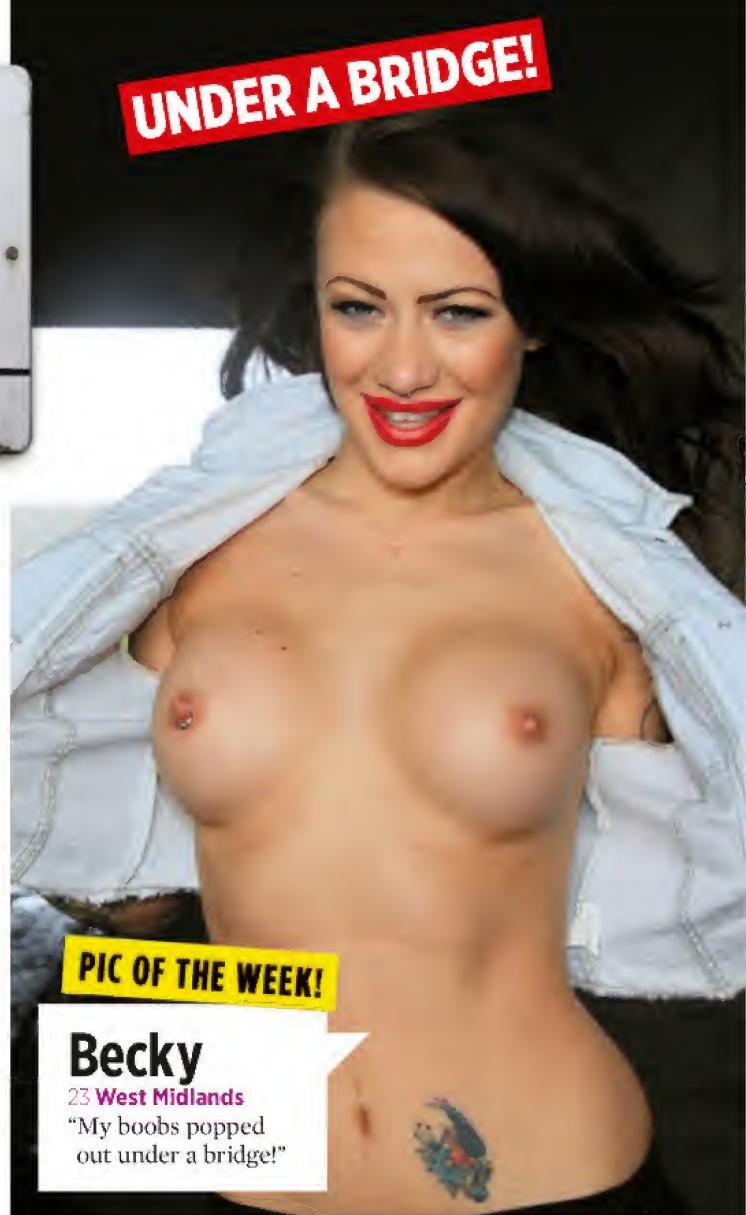
IN THE COUNTRY!



Xena

26 **Worcs**

"Look, my coat fell open. Actually, it does that a lot!"



PIC OF THE WEEK!

Becky

23 **West Midlands**

"My boobs popped out under a bridge!"



April

23 **Norfolk**

"By the side of a country road, my boobs got showed!"

AT THE ROADSIDE!



Sami

23 **Essex**

"A quick flash of my top and bottom!"

IN THE STREET!

Win £100!

All printed pics get a *Nuts* vest-and-shorts combo.
The winner gets £100!*
Send your snaps to
nutspopout@ipcmedia.com
or by text to 0771 388 8008.

10 RUDE QUESTIONS!

And a real girl to answer them!

Flame

24 Hertfordshire

1 Where's the strangest place you've had sex?

"I once told a boyfriend I wanted to do something naughty in the cinema. So, during *The Girl With The Dragon Tattoo*, I started getting very excited. We were soon having full sex in the dark. That's what you call picture perfect!"

2 What's your trademark move in the bedroom?

"Ha-ha! I can't say! I like to lick in a certain place. I couldn't possibly reveal where in a magazine."

3 What turns you on?

"I love receiving oral. I like to be handled slowly and gently. Why are boys always in such a rush?"

4 What's your favourite position?

"I like them all! I like going on top first though, then into the others."

5 What one thing would you really like to try but haven't yet?

"I'd like a threesome, but only in principle. I think I'd have to really like both of them for it to happen and I'm very picky. I'd maybe start with two girls

first – and then if I liked it, I might invite a boy!"

6 Ever got it on with another girl?

"Yes, I love girls. Girls don't kiss and tell like boys do."

7 Is it better to give or to receive?

"I like receiving. And I just don't care if that makes me sound greedy!"

8 What's your role-play costume of choice?

"A nurse's outfit. It's white, tight around my bum and I wear stockings and high heels with it. I also have the glasses – they're essential!"

9 Have you ever made a sex tape?

"I have. I had a fantasy of watching myself having sex, then having sex again while it played in the background. The experience definitely lived up to the hype!"

10 What's the rudest thing you've done?

"A guy asked me to come to his house and I arrived wearing a long coat. When he answered the door, I surprised him by revealing that I just had silky, black underwear and suspenders on underneath!"



"I have a nurse's outfit that I wear with stockings and heels!"

Nuts SPORT

Africa Cup of Nations: ones to watch!

MOTD's Jonathan Pearce on the stars who'll rule in South Africa!

LIVE TV COVERAGE!

The Africa Cup of Nations is on Eurosport and ITV4 from 19 Jan to 10 Feb.



BONGANI KHUMALO

SOUTH AFRICA AND PAOK

"The hosts may not score fluently but the home support and defence could see them reach the last four. Centre-back Khumalo will be vital, just as he was in the 2010 World Cup win over France, when he scored. Prior to facing Algeria, South Africa conceded just six in his previous eight games."



VICTOR MOSES

NIGERIA AND CHELSEA

"The former England Under-21 international is unbeaten in six senior internationals for the country of his birth and scored twice in a qualifier against Liberia last October. He signed off for this tournament with his fifth goal for Chelsea in their FA Cup tie at Southampton. He's fast, direct and dangerous."

"Oh crumbs – I think I've just dislocated my shoulder"

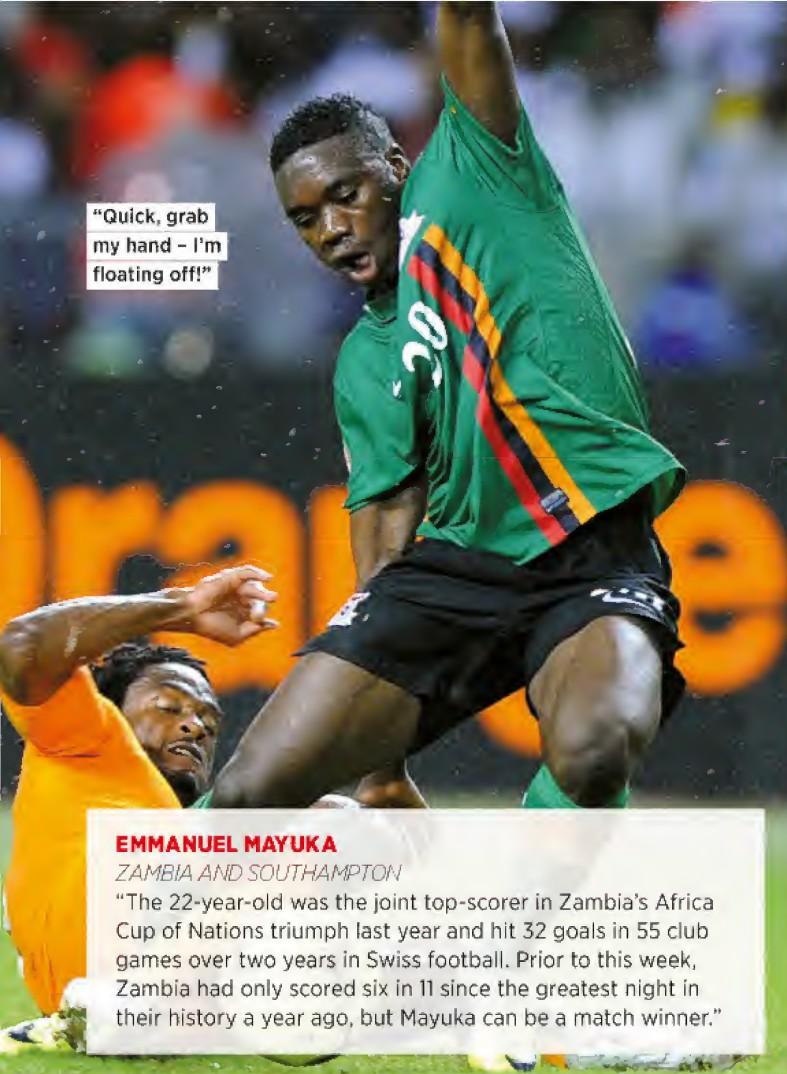
"Sod it, I'm going to hop my way to goal"



YOUNES BELHANDA

MOROCCO AND MONTPELLIER

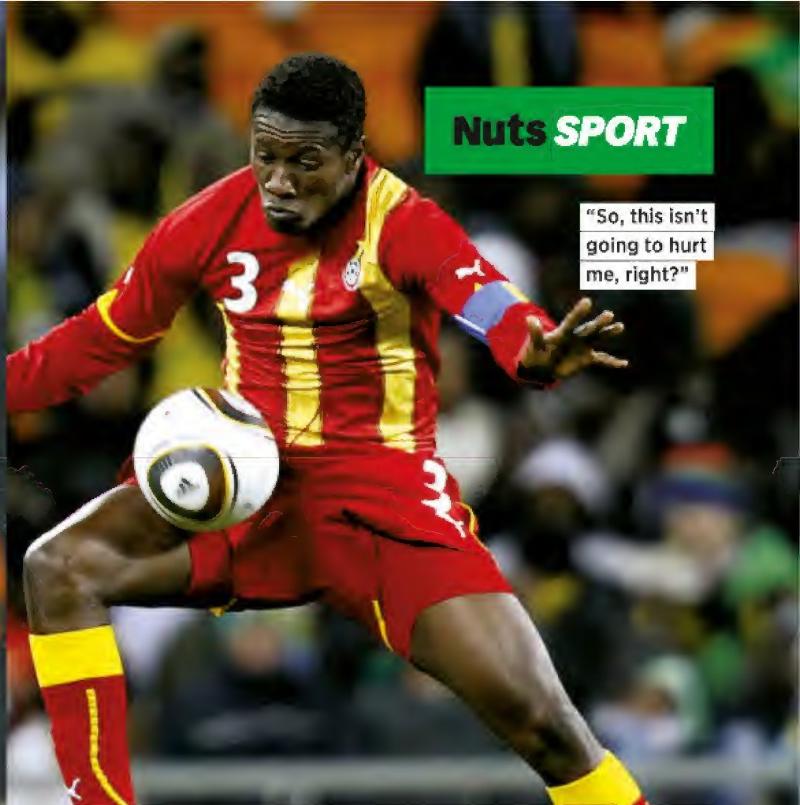
"Morocco have a very good forward in Belhanda, who played a major role alongside Olivier Giroud in winning Montpellier's first ever French title last year and has eight goals again this season. He can play wide or through the middle and can steer Morocco out of a fairly straightforward first-phase group."



"Quick, grab my hand – I'm floating off!"

EMMANUEL MAYUKA**ZAMBIA AND SOUTHAMPTON**

"The 22-year-old was the joint top-scorer in Zambia's Africa Cup of Nations triumph last year and hit 32 goals in 55 club games over two years in Swiss football. Prior to this week, Zambia had only scored six in 11 since the greatest night in their history a year ago, but Mayuka can be a match winner."



"So, this isn't going to hurt me, right?"

ASAMOAH GYAN**GHANA AND AL AIN**

"Ghana's hero of the 2010 World Cup will again be their main hope for goals. He scored three in the finals two summers ago and was denied a place in the semi-final by Luis Suarez's handball. Having quit Sunderland for Arab gold, he's scored over 40 in two seasons for UAE champions elect Al Ain."



"Oh my god! I've forgotten to record *Splash!*"

MODIBO MAIGA**MALI AND WEST HAM**

"Sam Allardyce rarely wastes money. £4.7m on this 25-year-old was a gamble for some and he's looked a little raw at times, but he scored 24 goals in two seasons at Sochaux and has become a key figure in Mali's rise to 25th in the world rankings. With power and pace he could spearhead a shock run by Mali."

**YAYA TOURE****IVORY COAST AND MANCHESTER CITY**

"The Man City midfielder could dominate the tournament. The only defeat suffered by Ivory Coast in their last 20 before this week came against Zambia on penalties in last year's final. Drogba will be the spearhead, but Yaya's the heartbeat with his yomping runs, goal-scoring and decisive tackling."

Defoe: 'Villas-Boas saved my career!'

The Spurs hitman on his new-found love of the game!

→ Hi Jermain! Things are looking pretty good for Spurs at the moment, aren't they? We're doing well, yeah. We had some ups and downs at the start of the season but of late, we've been a lot more consistent and shown our proper quality. The truth is we're a good team with a great spirit and now we're turning those facts into results.

You're in a great run of form. What's the secret?

I can honestly say I think I'm going to score in every game. I'm not being arrogant or anything, it's just that my self-belief is sky high and I can't wait for a chance to come my way. When you're a goal-scorer, being in this kind of zone is what you live for.

It's some turnaround from last season when you were in and out of the team.

What's changed?

Just that – I've had a run



"My self belief is sky high!"

Jermain Defoe

of games. I need playing minutes under my belt to stay fit and sharp but also to stay confident. Last season, I had a bit of a tough time. I was still scoring goals whenever a chance came my way but I ended up knowing I could quite easily end up on the bench the following game. For me, that's not a good situation. I'm a very miserable substitute! I didn't give up, though. I didn't let my head go down. I worked doubly hard in training and took my chances when I could.

But did you ever think you would leave Spurs?

It was a big possibility. As I say, I was miserable. I hated not playing and I was perhaps thinking my future was elsewhere. I love the players,

the fans, the club – it shows what the situation was like. I was really unhappy. You're a long time retired, so I needed to be playing regularly. I don't think that's a bad attitude, it's natural. So there was a lot of talk in the summer that I might move on but, thankfully, the new manager came in and everything changed.

How good has Andre Villas-Boas been for you?

He's been brilliant. From day one, he made me feel I was an important part of his plans for now and the future. He told me he wanted me to stay and after last season, it was music to my ears. He believes in me and I've responded to that, but ask anyone at the club – everyone thinks he's brilliant.

So you could say he kind of saved your Spurs career?
You could say that, yeah!

What did you expect from him after his spell at Chelsea?

It was obviously tough for him and I'm sure he knew that everyone was looking at him to see how it would go here. But he came in with fresh ideas, new methods and the lads all took to him straight away. He's a good man, you know.

What kind of bloke is he?
He's a top guy, honestly, a great human being. He takes the time to talk to every player and to see how they are. First and foremost, he's a fantastic coach but if you know that you have a manager who cares about you, you'll go out and

SUPER STRIKER!

In a career spanning over 400 league appearances, Defoe has scored over 150 goals.





Defoe facts!

- Jermain didn't play the full 90 minutes in his first 50 international appearances.
- In 2001, he scored in ten consecutive games while at Bournemouth (on loan), equaling the League's post-war record.
- He likes playing Wigan Athletic – he has scored ten Premier League goals against them, including five in one match!
- With 17 goals in 52 appearances, he's the joint 27th top England goal-scorer of all time. Four more goals will see him in the top 20.

play for him. The lads love him. Recent results have shown that.

Thanks, Jermain. Finally, what can Spurs, AVB-style, achieve this season?

We want top four. It will be difficult because this is the toughest league in the world – every match is a battle, no matter who you're against. But we're a talented group with great desire and a top manager, so why shouldn't we be confident? Play as I know we can and we'll be fine. Actually, I believe we can do better than that and achieve something special.

● Spurs vs Man United, Sunday 20 January, 4pm, Sky Sports 1/HD

"Quote me on that!"

This week's biggest match debaters!

"I won't set targets but we want to be one of those clubs up at the top of the league"
That's a target, Neil Warnock,



"Glen Johnson threw one of his throws"

That's the best way,
Jamie Carragher.

"I love equations"

Glen Johnson reveals his inner nerd.

"Jackson played well and he wasn't even playing"

That's truly
amazing,
Paul Merson.

"I'm living in Manchester now, because in Liverpool, the women were crawling for me"

Marouane Fellaini
beats the ladies off with a stick.

"Buffon is a top creeper"

That may be
true, Alan
Shearer, but
he's also a
top keeper.

"We might build a brick wall to stop Van Persie"

Mark Noble has a plan.



"Getting picked gives you half of that confidence, or 50 per cent"

We're confident Glenn Hoddle's talking 100 per cent nonsense.

DO-ER SOUNDS A BIT RUDE CORNER!

"Suarez came inside Clint Hill"

Tony Cottee watches some hardcore action.

"The relief we enjoyed in the dressing room was a great feeling"

Gills boss Martin Allen treats his players.

"If he'd looked, the striker had a little lob on"

ITV's Jim Beglin on an over-excited forward.





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SKY 281

Get the Messi look!

You can look like a Ballon d'Or winner on a budget!

→ WHEN LIONEL
Messi was once again crowned the best player in the world last week, our first response was, "Excellent! Thoroughly deserved!" Our second, as he went up to collect the award, was, "What the heck is he wearing?" Yes, his spangly evening suit was the talk of the football world – but now you can replicate Messi's style without having to earn his astronomic wages! And here's how...

WORDS: PETE CASHMORE PHOTOS: COLIN WILLIAMS, ACTION IMAGES



How to do 'the Messi'!

Your three-step guide to getting Lionel's style!

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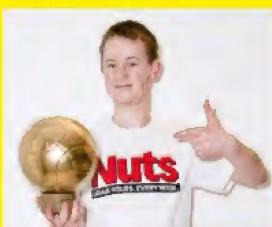
One gentleman's black suit (Primark, £28); One gentleman's white shirt (Primark, £5); One silver studded gentleman's bow-tie (Moss Bros, £15); One brown mop-top wig (fancydress.com, £10.99).
TOTAL: £58.99



1 Take your suit jacket and lay flat. Take out a silver fabric marker – this will be providing you with your glittery bits. Prepare for a long session of dot-drawing.



2 Create cardboard stencil with holes punched every two centimetres. Press on suit jacket and start covering it in equally-spaced silver dots.



3 Spray-paint football with gold paint to create Ballon d'Or trophy. Then adopt classic "little-legged man" pose (left) and hey presto, you're Messi!

KAMMY!



He's the voice of the fans – and he's only in *Nuts!*

"I wish I'd remembered my gloves"



Guardiola's Chelsea bound!

The ex-Barcelona boss is destined for the Bridge!

→ PEP GUARDIOLA has declared himself ready to manage again and there's much speculation about which club he might go to, but for me he's a nailed-on certainty for Chelsea.

Roman Abramovich has wanted a team that play like Barcelona for a long time – the players that have been brought in are all small, skilful, Barcelona-style players (in fact, I wouldn't be surprised if Pep himself

tipped them the wink about who to buy). Everybody knows Rafa Benitez is only there on a temporary basis.

I'm sure the likes of Man City would've felt their ears prick up at the news as well, but I suspect that Mourinho is the best fit for the City bill – I can't see Jose taking the reins from Sir Alex at United because he doesn't have anything to prove.

At City, he can go and win the Champions League with yet another club and

underline he really is the Special One in this business.

Guardiola would be the crowning piece in the jigsaw for Abramovich – he has players like Mata, Oscar and Hazard, who are similar to Barcelona's players, not big six-footers who need to head the ball, because that's just not the way you need to play. Now he just needs somebody to recreate the style of play and subsequent success, and Guardiola is, to me, obviously that man.



"Woah, this grass is slippery!"

Let's hear it for Bradford!

I WAS so delighted for my old club, Bradford City, and their Capital One Cup heroics.

If an alien had landed that night and had been asked to guess which was the top-flight team, they'd have had to pick Bradford. They were unrelenting, they never stopped – even when they went 2-0 up, they kept bombing forward.

They conceded one and immediately you thought, "OK, they're going to concede again and the tie will be beyond them when they head down to Villa Park" but they piled forward and got another goal. It may be that the game proves to be their cup final, but it may just be written in the stars that they'll make English footballing history – a fourth tier team in a major domestic cup final! It'd be unprecedented. I really hope they get there.

- Send jokes, comments, pics etc to kammy@ipcmedia.com. The best one each week wins a signed *Nuts* T-shirt!



UNBELIEVABLY GOOD!

DOUBLE SHOCK!

My chest swelled with pride when I saw the heroics of Bradford City keeper Matt Duke and his team-mates – and then Michu's Swansea did a number on Chelsea!



KAMMY'S UNBELIEVABLE-OMETER™

UNBELIEVABLY BAD!



RACIST ABUSE!

Kevin Prince Boateng walking off has given racist fans the green light to try to get actual, competitive games abandoned, and that's not the way forward.

THE BIG MATCH!

Frank deserves a contract!

FRANK LAMPARD has been treated a touch shabbily by Chelsea. He's worth an 18-month extension, he's not a spent force, he can still do – and still does – a job for them. Speculation is flying that he could end up in China or the US, but why does he need to do that? He doesn't need the money, his other half has a fantastic job in this country, so why would he even want to? I'm sure that if you asked him for his best-case scenario, it'd be another season at the Bridge. OK, Chelsea have to look to the future, but you ease out your legends when they can't do their job any more and that's clearly not the case here. I can understand John Terry thinking about moving on, but Frank's been great for Chelsea. Let him end his time there with dignity.



Technically, Lamps was now in breach of his contact with Samsung



Chelsea vs Arsenal

20 JAN, 1.30pm • Sky Sp1/HD

I can see Arsenal nicking this one – every time they get written off, they seem to come back with a good, unexpected result. A week in football can change everything and this could be the pep-up that they, and Arsene Wenger, need.

PREDICTION: 1-2

Key men

Arsenal are finally making a huge effort to keep hold of Theo Walcott. That's bound to give him a boost on the pitch as well as off.



Messi's my style icon!

LIONEL MESSI got my vote for the Ballon d'Or, and he certainly got my vote for the best dressed man of the evening, too. What about the dicky bow? I thought he looked absolutely fantastic, and I'm out there looking for a dicky to match next time I'm called to a fancy dinner. He was my hero before, but with that clobber, he's on his way to becoming a Kammy legend!



"This new mic is very big"

THE NUTS LIP READER

When he watches a match, he sees every word!



Andrew Madley:
"His shirt! Pulling his shirt! Now go away!"

MACCLESFIELD VS CARDIFF 5 Jan, Moss Rose, 4.44pm
The ref in the giant-killers' triumph is having none of it.



Frank Lampard:
**"I love you!
F**king get in there!"**

SOUTHAMPTON VS CHELSEA St Mary's, 5 Jan, 4.38pm
We think Frank's talking to the crowd in general here.



Sir Alex Ferguson:
"Yes! Oh yes! Fking yes!"**

WEST HAM VS MAN UNITED Upton Park, 5 Jan, 7.16pm
Apparently, an RVP equaliser can make Sir Alex orgasm!



Jay Rodriguez:
"Fking get in!
That's what I'm f**king talking about!"**

BRIGHTON VS NEWCASTLE 5 Jan, Falmer Stadium, 1.47pm
The ref chooses a caring way to send off Shola Ameobi.

SOUTHAMPTON VS CHELSEA 5 Jan, St Mary's, 3.22pm

The Saints winger celebrates a goal with a volley – of filth!



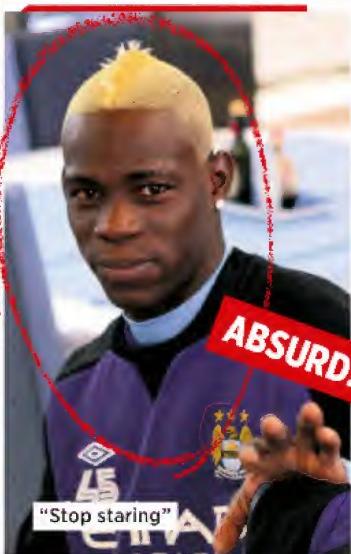
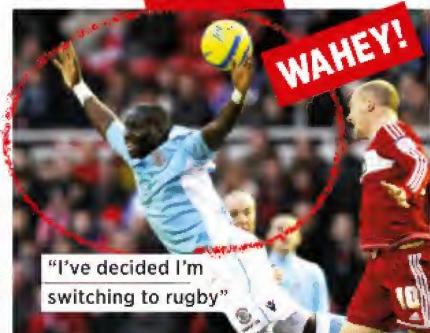
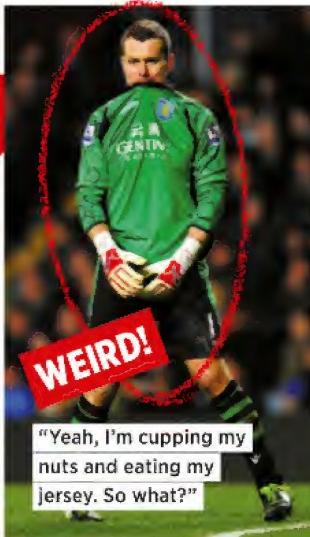
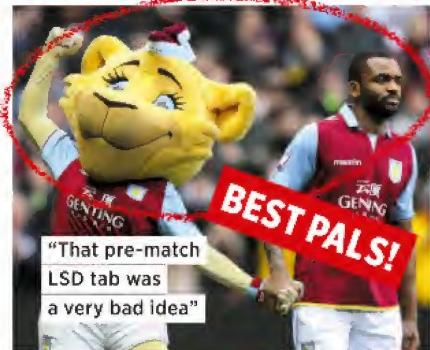
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John Cassidy is a real lip-reading expert. And a fully paid-up FA coach to boot!

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LIVE CHAT

GET HOT & SEXY WITH NAUGHTY GIRLS AT HOME

**MATURE LADIES**
Hot sexy rated ladies who are very eager to please you! Very dirty and naughty we would love you to call xxx
0909 897 2053

**SWEET 18'S**
Very adventurous and lovely hot fit tight bodies looking for men of all ages who love anything really dirty. Call them x
0909 897 2038

**SINGLE MUMS**
Lush bodies and filthy minds when you want to get fully excited then just call - You'll love it! x Get hot satisfaction right now
0908 145 0576

**SEXY & MATURE**
OPEN ALL HOURS 24-7 Experienced ladies - do you want it hard and fast - Just call us to get the best get off in the UK XXX
0909 897 9111

**40+ YR SHARON**
Divorced and sex mad will give you pure relief every time - Total satisfaction X-rated time xxx Real hot extreme relief!
0909 897 9416

**POSH TOTTY**
Naughty posh girls looking for a bit of rough. Get down and horny with hot nympho's with class. Call now for hot relief!
0908 145 0580

**STUNNING FIT SEXY BLONDES**
Very sensual 100% genuine & really up for it always horny & ready to get you off - Ring now
0908 145 0581

**ON THE PULL**
Girls who adore horny guys looking for a quick fix with some totally adult relief. Feel the pleasure and call xxx
0908 145 0575

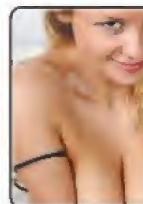
**SEXY CHAV BABES**
Give the very best relief - mutual excitement now! Try us now & we will fulfill your dirtiest hot naughty fantasies fast!
0908 145 0579

**RIPE MILF'S**
Ripe Milfs in their sexual peak WOW craving younger men for a Frenzy bare ass raw action session. The dirtiest Milfs in the UK Guaranteed to make you Explode
0909 897 9412

**SUPERFAST RELIEF**
Are you ready to enjoy yourself cheap horny live get off. Girls desperate to relieve you & their own urges xxx
0909 897 9442

**HOT FETISH BABES**
STRICT LADIES who love to be obeyed! Be controlled if you can handle it call now immediatley. Let them use their big toys on you.
0909 897 0888

**FANCY A REALLY FILTHY TIME?**
Filthy babes behaving badly looking for x-rated fun from these horny little devils. Call for relief
0909 897 9333

**COLLEGE GIRLS 18+ YEAR OLD CUTIES**
Looking for really horny guys of any age to fill their recreation time. So willing and eager to please you and turn you on like crazy! All guys needed urgently for the ultimate get off relief anytime of the day xxx Call us now for a great time - and lets play asap xxx
EASY & CHEAP, CALL NOW- 0908 145 0582

**HORNY DIVORCEE**
Very attractive eager women who will always get you turned on. Get off NOW with full adult satisfaction - fancy it?
0908 145 2544

**NAUGHTY WIVES**
Just hungry for a really dirty wicked time with you. 100% live sexual stimulation when you need it the most! xxx
0908 145 2542

**QUICK FIRE GIRLS**
Sexy girls who know when its a 1 min quickie session. SUPERFAST QUICKIE RELIEF just when you want it xxx
0909 897 0612

**40+ FRUSTRATED AND READY**
Looking for many partners, any age/size to unleash their total fantasies Its live, horny & cheap!
0909 897 9405

**I'LL BLOW UR MIND**
Filthy thrills that'll blow your mind. If you want IT live, Call for serious fast relief now & have the best ever 121 - you'll love it! x
0908 145 2543

**ONLY JUST 18+**
Real hot and up for it! Home alone being naughty Eager & keen to please you right now. Prepare to be totally shocked!
0908 145 2545

**RING ME, LISTEN AND GET OFF**
Please each other totally live for full & total relief on the cheap. Girls waiting to hear from you
0909 466 7250

**DIRTY HOUSEWIVES**
Sexy Relief when You need it - single mums and some Gorgeous Milf types looking for sexual buddies - Pure Sexual Relief Get Off x
0909 466 7567

**OLD BETTY 62**
She loves a good time can you help? Its cheap dirty action - you will get addicted. Its amazing how much you'll be turned on!
0908 145 2975

**HOT SWEET ANGELS**
Horny as hell - fit awesome & hot sweet babes 18+ in their sexual prime looking to get down & dirty in a sexy phone session.
0909 466 7252

**SINGLE & SEXY**
Hot alone and ready to give fulfillment superstar! If you want naughty babes, mature ladies, bad chicks or horny wives. Try us x
0908 145 2976

**30 SEC RELIEF**
Get ready for No Restrictions hardcore filth XXX. A Speedy Get Off when you get that unstoppable urge - Just Call Us x
0909 466 7568

**STUDENTS 18+**
Can you handle these shocking students who will do anything and everything it takes! Call them over & over again x
0908 145 0578

**BLACK BOOTY**
True gorgeous black girls so very erotic & fully experienced in pleasing guys to the MAX - Just call your Black Princess Today.
0909 466 7322

**OFFICE JUNIORS**
Bored at work or very frustrated at home? Give us a call to unleash our naughty thoughts. Get off superfast in secs x
0909 466 7251

**DIVORCED & SEXY**
Very bad women who will do all you desire. Many horny partners needed urgently for hard play xxx Please call, available 24-7
0908 145 0577

**ASIAN BABES**
Asian babes are the absolute best for a true kinky dirty Asian phone chat its hard not to crave it every day. Rudest Asians!
0909 897 9447

SEXY TEXT WITH LOCAL GIRLS - JUST TEXT 'EASY' TO 69469



Fantastic facts for boozer-based banter!

In 2008, Art Price Jr of Ohio was arrested after a neighbour filmed him apparently having sex with a picnic table.

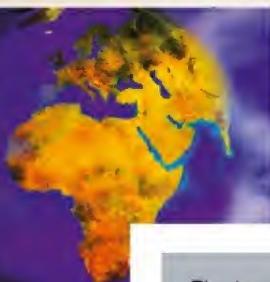


Six clubs have completed a season of the **Premier League** without an away win: Leeds (92-93), Coventry (99-00), Wolves (03-04), Norwich (04-05), Derby (07-08) and Hull (09-10).

The ozone layer is blue and smells faintly of geraniums.



The French wine brand **Fat Bastard** is banned in the states of Texas and Ohio because it's considered offensive.



The term "honeymoon" originated in **Viking** times, when a wedding would be celebrated with the drinking of honey-based mead for a cycle of the moon - 28 days.



Flamingos eat with their heads upside-down.



In 1911, a worker at the Louvre stole the **Mona Lisa** by hiding it under his coat. He hung it in his apartment.



In olden times, condemned prisoners in central London would be offered one last pub drink in Marble Arch en route to the gallows. If they accepted it was "one for the road", if they turned it down they were declared "on the wagon".



Pub ammo on... The Africa Cup of Nations

- The original trophy, the **Abdelaziz Abdallah Salem Trophy**, is permanently held by Ghana after they won the tournament for the third time in 1978.
- Egypt were the first country to win the Africa Cup of Nations three times in a row, in 2006, 2008 and 2010.
- **Thirty-eight nations have made it through to the finals of the tournament – and of those, 16 different nations have won.**
- The 2013 Africa Cup of Nations begins on Saturday 19 January.



Nuts

Danielle Sharp





BEAT AN ITCHY SCALP†




Joe Hart,
England Goalkeeper


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shoulders**
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‡Visible flakes seen at 2n with regular use. †Itch associated with dandruff.

